

1922

*of the* BEST RECIPES *for*

**RICE**

**THE FOOD OF  
THE PEOPLE**



*Issued by the*

**RICE MARKETING BOARD** *for the* STATE of N.S.W. LEETON, N.S.W.



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# RICE-THE FOOD OF THE PEOPLE

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*RICE is the staple diet of half the population of the world, and one of the very finest grades known to man is that which is grown here in Australia. What is of a vital importance, where the food of your choice is concerned, is that it should be produced under the most hygienic conditions, and this is true of rice grown and milled in Australia. Here then is a perfect food, perfectly prepared by a rapidly expanding industry that is destined, as these facts become more widely known, to play a material part in assisting Australia's economic recovery. Whilst no single article of diet can claim to possess all the properties of a perfect ration, rice embodies them to a greater degree than does any meat, cereal or vegetable. It can be so easily digested that doctors daily recommend it to mothers as the ideal food for children. So much concerning the virtues of rice does science teach us.*

*The objective of this little booklet—with which you are bound to become more and more delighted the more you peruse it—is to unfold to you hundreds of ways of bringing this perfect food to your table. The very first thing it asks you to do is to disabuse your mind forever of the old-fashioned assumption that rice can only mean baked or boiled rice. As you thumb its pages, you will open up a vista of suggestions that will both astonish and delight. Rice comes prepared to establish friendly relations with everything else on your kitchen shelves: there is scarcely a commodity in common use that will not join forces with it to tickle the palate of mankind. How many times have you stood, perplexed, in this kitchen of yours wondering what next to “give them”? Odds and ends of various foods have occupied the shelves of your safe, and, in times such as these, you have instinctively rebelled against the waste of good nutritive food. Now your anxious eyes will turn eagerly to a large jar of clean Australian rice, resting upon this book of recipes, and you will know that your problem is solved. You will imagine it whispering helpfully, “Let me assume one of my many disguises: I can make friends with anything you have on your shelves, or I can come alone and in many pleasing forms and changes, but, however I come, rest assured that I bring health, strength and pleasure in my train.”*



*Wash Rice thoroughly in three or four changes of cold water or until water poured off is clear. This is the first essential to having properly cooked rice.*

## SOUPS

1

### COTTAGE BROTH

Ingredients.—1lb. neck of mutton, 1 carrot, 1 turnip, 1 onion, 2 sticks celery, 1 parsnip, 4oz. rice, 1 dessertspoon finely chopped parsley, 1 table-spoon dripping, 1 dessertspoon salt, 1 teaspoon sugar,  $\frac{1}{2}$  teaspoon pepper, 5 pints of water or stock.

Method.—Remove the fat from the meat; cut the meat into small dice. Peel and wash the vegetables; cut them into small dice. Wash the rice in three waters. Make the fat hot in an enamelled saucepan. Fry the meat and bones a light brown. Add the vegetables, sugar, pepper and salt. Fry a few minutes longer. Add the rice. Fry a little longer. Add the stock or water. Bring slowly to the boil. Simmer for 2 hours. Remove the bones. Take off all the fat, first with an iron spoon and then with pieces of kitchen paper. Serve in a hot soup tureen with the parsley sprinkled on top.

2

### VEAL BROTH

Ingredients.—1 knuckle veal, 1 turnip,  $\frac{1}{2}$  head celery, 1 blade mace, 3 quarts water, 1 teaspoon salt,  $\frac{1}{2}$  teaspoon pepper, 1 parsnip, 2 onions, 6 white peppercorns, 3oz. rice, 1 table-spoon finely chopped parsley.

Method.—Put meat into a saucepan with water and salt, bring slowly to the boil. Peel vegetables and cut into dice. Add them to the broth. Add spices tied in a piece of muslin. Boil slowly 2 hours. Take out meat and spice bag; add washed rice, and boil  $\frac{1}{2}$  hour longer. Add salt and pepper to taste. Serve in hot tureen. Add finely chopped parsley.

3

### CAULIFLOWER SOUP

Ingredients.—3 dessertspoons curry powder, 3oz. butter, 1 cauliflower, 1 onion, 3 pints boiling water, 1 saltspoon celery seed, pepper, salt, and a little boiled rice.

Method.—Work the butter and curry together, put in a stewpan and in it fry an onion and a large cauliflower cut in slices, then add the boiling water and celery seed. When cooked put all through a wire sieve. Season with salt and pepper. Add the rice and a few sprigs of boiled cauliflower.

4

### WHITE SOUP

Ingredients.—5lb. knuckle veal, 3 quarts water, salt, 6oz. rice, 2 parsnips, 2 or 3 turnips, part of a carrot, a few cloves, a little mace, 3oz. sweet almonds, 2 table-spoons flour, milk, cream.

Method.—Simmer veal in water with salt till scum rises, skim it, then add rice, parsnips, turnips, carrot, cloves and mace. Cook gently for several hours, skim and strain it; add sweet almonds, blanched and pounded very fine, and the flour which has been moistened with milk. Let the soup boil again, and strain it. When using, add  $\frac{1}{2}$  pint cream to 1 quart of soup.

5

### EASY SOUP

Ingredients.—Stock, rice, tomato sauce, salt.

Method.—Put stock in saucepan; add rice, and some tomato sauce to colour it. Five minutes before serving, blend some cornflour and add it to soup (about a teaspoon to each person).



6

**MULLIGATAWNY SOUP,**

Ingredients.—1oz. margarine, 1oz. bacon, 2 onions, 2 apples, 1 carrot, 1 turnip, 1 bunch sweet herbs, 1 tablespoon curry powder, 2oz. flour,  $\frac{1}{2}$  tablespoon curry paste, 1 quart stock, sauce or ketchup, cayenne and salt, juice of half lemon, boiled rice.

Method.—Melt margarine and fry the bacon. Fry separately the onions, apples, carrot, turnip (sliced) and herbs. Add the curry powder and flour (blended) and fry all together with the curry paste; add stock, flavoured with sauce or ketchup, cayenne and salt, bring to the boil and add lemon juice. Serve with cut lemons and boiled rice.

7

**RICE SOUP**

Ingredients.—1lb. beef steak, 1 quart water, 1 carrot, 1 turnip, 1 onion, 1 stick celery, chopped parsley, 2 dessertspoons rice, 2 tablespoons flour, salt and pepper.

Method.—Cut the steak into squares, roll in the flour, add water and rice, and bring slowly to boil (stirring); add the vegetables (grated), pepper and salt; allow to simmer for 2 hours. Serve with chopped parsley on top.

8

**A VERY CHEAP SOUP**

Ingredients.— $\frac{1}{2}$  cup rice, 6 large mealy potatoes, 2 leeks, 3oz. butter or dripping,  $\frac{1}{2}$ oz. sugar, 1 pint milk, 1 quart boiling water, salt.

Method.—Slice the potatoes and leeks into boiling water, boil to a pulp, then rub through a sieve and put back into the stock. Soak the rice in gently and boil for 10 minutes. Add milk and butter (or dripping), boil up and serve.

9

**CREAM OF RICE SOUP**

Ingredients.—1lb. rice, 2 quarts stock, 2 eggs, 1 quart milk, salt, pepper.

Method.—Wash rice, put in saucepan, add stock. Boil slowly for an hour, then rub rice through a sieve twice, return it to the stock, season with salt and pepper. Simmer until wanted. Beat up the yolks of the eggs, add them slowly to the warmed milk, whisk this into the soup, which must be served very hot.

10

**RICE AND MILK SOUP**

Ingredients.—2 onions, 3 sticks celery, 2oz. butter, 2 tablespoons rice, water,  $1\frac{1}{2}$  pints of milk, pepper and salt, 2 teaspoons chopped parsley.

Method.—Peel the onions and slice them thinly; clean the celery and cut it into small pieces. Put 1oz. of butter in a stewpan, add the onions and celery and simmer gently for a few minutes; stir in the rice, add 1 pint of water and continue to simmer for 1 hour. Stir frequently; when the rice is quite tender add boiling milk, pepper and salt, and the chopped parsley, and boil again for 5 minutes. Serve very hot, adding the second ounce of butter just before serving.

11

**CHICKEN AND RICE BROTH**

Ingredients.—1 chicken, 1 quart cold water, salt, 6 peppercorns, 1 onion, 2 cloves, 2 tablespoons rice, 1 teaspoon chopped parsley.

Method.—Cut chicken up in small pieces, put into stewpan with cold water and a little salt, boil up, then skim; add peppercorns, onion and cloves. Simmer gently for 3 hours, then strain. Return to pan, add rice, cook from 12 to 15 minutes, add the chopped parsley and season to taste. A little of the chicken added with the onion would make the broth more savoury.



## FISH, Etc.

12

### SALMON OR FISH KEDGEREE

Ingredients.—1 cup boiled rice, 3 hard-boiled eggs, small tin salmon, butter, cayenne, salt.

Method.—Mix the sliced eggs with the salmon and rice, add the butter, cayenne pepper and salt; place in oven and heat thoroughly.

13

### CURRIED LOBSTER

Ingredients.—1 lobster, 1 onion, 3oz. butter, 2oz. flour, 1oz. curry powder, cayenne, salt, 1 pint water or stock, boiled rice.

Method.—Chop the onion finely and fry in butter till brown; add a pinch of cayenne, the flour and curry powder and stir for 2 minutes; add the stock; cook for 2 minutes and strain. Cut the flesh of the lobster into dice, add to the sauce and simmer for 5 minutes. Serve with boiled rice.

14

### DEVILLED PRAWNS

Ingredients.—1 pint prawns,  $\frac{1}{2}$ lb. butter, nutmeg, 4 tablespoons curry powder, 2 eggs,  $\frac{1}{2}$  pint milk, 2 tablespoons each Worcestershire sauce and anchovy sauce, cayenne, cornflour, boiled rice.

Method.—Mix the butter, eggs, sauces, cayenne, curry, nutmeg, and boil, stirring all the time; then add the milk. When all is boiling, thicken with a little cornflour, and add prawns. Serve with boiled rice.

15

### DEVILLED CRAB

Ingredients.—1 crab, cayenne, salt, 1 tablespoon Worcestershire sauce, 1 tablespoon curry powder, 1 egg,  $\frac{1}{2}$  cupful white sauce, 1 teaspoon anchovy, 1oz. butter, boiled rice.

Method.—Pick the flesh from the crab; put the butter into a pan with a little cayenne and salt; add the rest of the ingredients, and when boiling, add the crab; serve with boiled rice.

16

### CURRIED FISH

Ingredients.—1 fish, 1 pint fish stock, 1 lemon, boiled rice, 1 teaspoon grated cocoanut, 1 tablespoon curry powder, salt, pepper, flour, 1 carrot, 1 onion, cloves, bay leaves, peppercorns.

Method.—Make fish stock with the head and bones of fish, carrot, onion, cloves, a few peppercorns and bay leaves; boil in 1 quart of water for about 30 minutes; strain. Mix the curry powder with a little of the stock; add the remainder of the stock, grated cocoanut and lemon juice; thicken with a little flour, season with pepper and salt; add the fish and simmer for 20 minutes. Serve with boiled rice.

17

### CURRIED PRAWNS

Ingredients.—1 pint prawns (picked), 6 cloves, 1 tablespoon chutney, 1 tablespoon butter, 1 small bulb of garlic, 2 tablespoons curry powder, 2 onions, 1 apple, 1 pint prawn stock, 1 tablespoon cocoanut, boiled rice, salt.

Method.—Cook the sliced onions in a pan with the butter and when brown add the chopped apple, cloves, chutney, curry powder and minced garlic. Boil the heads and pickings of prawns with the cocoanut for 1 hour; strain this stock into the curry, and simmer for  $\frac{1}{2}$  an hour. Add the prawns about a quarter of an hour before serving, and simmer. Serve with boiled rice.



## 18

### CURRIED OYSTERS

Ingredients.—Oysters, 2 large onions, butter, curry powder, 1 tablespoon flour, 2 apples, lemon, boiled rice.

Method.—Fry the chopped onions in the butter until a light brown. Strain the oysters and put the liquor into a pan, add the fried onions, and boil; thicken with the flour, curry powder and a piece of butter mixed to a paste; simmer gently for about 1½ hours, add the chopped apples, and simmer for ¼ of an hour. Two or three minutes before serving shake the oysters through the sauce, but be careful not to boil. Serve with boiled rice and sliced lemon.

## 19

### SCALLOPED FISH

Ingredients.—1½ cups cooked fish, 1½ cups boiled rice, 1 cup grated cheese, 1 cup white sauce, salt, pepper.

Method.—Shred the fish, and arrange in a well-oiled pie dish with alternate layers of rice and white sauce. Over each layer of the mixture sprinkle grated cheese to which pepper and salt has been added. Cover the top of the mixture with grated cheese and bake until well browned. Any fish may be used, but if dried, salted or frozen, be sure to follow directions for cooking.

## SAVOURIES, ENTREES AND BREAKFAST DISHES

*RICE INSTEAD OF VEGETABLES.—Boil rice until soft, then place in frying pan (slow fire), add a little butter, pepper and salt; served this way with roast meat or poultry it is delicious.*

## 20

### SAVOURY RICE, No. 1

Ingredients.—½ cup rice, 1oz. butter, pepper, salt, 1 tablespoon dried thyme, dessertspoon parsley.

Method.—Boil the rice, strain off all the moisture, add the butter, pepper and salt to taste, chopped thyme and parsley. Serve hot, instead of potatoes.

## 21

### SAVOURY RICE, No. 2

Ingredients.—1 onion, boiled rice, butter, grated cheese, chopped parsley, lemon juice, salt.

Method.—Cut the onion into small shreds, fry in a little butter, add to hot boiled rice, mix well, and sprinkle with grated cheese and chopped parsley. Place in oven till cheese melts and serve while hot. A little lemon juice is an improvement.

## 22

### SAVOURY RICE, No. 3

Ingredients.—2 or 3 large onions, pepper, salt, 4 cups boiling water, 1 cup rice, 2 tablespoons vinegar, tomatoes, parsley, thyme.

Method.—Fry the onions until very dark brown, season with pepper and salt to taste. Add boiling water and a sprig each of parsley and thyme; boil for a few minutes, then strain the liquid into a saucepan. Add the rice and vinegar and boil until all the moisture has been absorbed (20 minutes should be sufficient). When tomatoes are in season omit the vinegar and boil two or three tomatoes with the rice.



23

## SAVOURY RICE, No. 4

Ingredients.— $\frac{1}{2}$  lb. rice, 4 tomatoes, 2 tablespoons grated cheese, 1 tablespoon butter, salt, cayenne pepper.

Method.—Wash rice, put into boiling salted water and cook till tender. Strain and let it stand till dry. Bake tomatoes till tender and remove skins. Put butter in pan, add tomatoes, cheese, cayenne pepper and rice, and heat thoroughly.

24

## WARSAW RICE

Ingredients.—2 cups boiled rice, 4 tablespoons cheese, 1 oz. butter, 2 or 3 slices cooked ham, salt, pepper, cayenne, 1 small onion.

Method.—Slice onion and fry in butter, add ham (cut in shreds), then cold boiled rice, grated cheese, and seasoning. Stir lightly over the fire, and serve very hot. If liked, bake in a pie dish with butter and breadcrumbs.

25

## GENOESE EGGS

Ingredients.—3 eggs, 3 tablespoons boiled rice, 2 oz. butter, 1 teaspoon parsley, 1 small onion, salt and pepper.

Method.—Boil the eggs till hard; chop up fine and mix with the rice. Place in stewpan with butter, minced parsley, finely chopped onion, salt and pepper to taste. Heat thoroughly and serve on hot buttered toast.

26

## DRY CURRY

Ingredients.—1 large onion, curry powder, butter, 1 green apple, 1 dessertspoon Worcestershire sauce, 1 tablespoon chutney, salt, pepper, 1 chilli,  $\frac{1}{2}$  cup milk, boiled rice.

Method.—Cut the onion into rings, and fry until quite brown. Put the curry powder into a dry frying pan and brown; add a piece of butter the size of a walnut, the fried onion, a green apple (thinly sliced), Worcestershire sauce, chutney, salt, pepper, chilli, and milk. Cut the meat into very small pieces; add to above, stir all thoroughly, and cook from 20 to 30 minutes. Serve when it is free from gravy and of a fine dark colour. If raw meat is used it will take twice as long to cook and will require more milk. Garnish with boiled rice shaped in egg cups.

27

## STEWED CARROTS AND RICE

Ingredients.—1 lb. carrots, parsley,  $\frac{1}{2}$  teaspoon sugar, pepper and salt, 1 teaspoon cornflour, 1 large cup stock, cooked rice.

Method.—Scrape the carrots, put in a pan with cold water and let them boil; take them out and, after rubbing with a coarse towel, cut in neat pieces; return to the pan with the stock, sugar, pepper and salt; stew slowly 1 hour. Moisten the cornflour with a little water, add the parsley, pour into mixture and stir till it boils. Have ready a dish with a border of rice, pile the carrots in the centre, and pour the sauce over them.

28

## CURRIED FOWL

Ingredients.—1 fowl, 2 oz. butter, 2 tablespoons curry powder,  $\frac{1}{2}$  pint cocoanut milk (or water), 2 onions, 2 green apples, salt, 1 oz. ground rice, sprig of parsley, boiled rice.

Method.—Melt the butter in a saucepan; cut the fowl into small pieces, cook in butter for 5 minutes, then lift out carefully. Stir in the finely chopped or grated apples and onions, also curry. When well mixed, add the ground rice blended with the cocoanut milk or water; boil gently for a few minutes. Return the fowl to the pan and add salt to taste. Simmer gently till tender. Serve with boiled rice and a sprinkling of parsley.



## 29

### CURRY OF CORNED BEEF

Ingredients.—Remains of cold corn beef, 2 onions, 1 tablespoon vinegar, 1 teaspoon sugar, 1 dessertspoon curry powder, a little flour, 1 apple, butter, boiled rice.

Method.—Brown the onions in butter. Cut the meat into small pieces; mix balance of ingredients with a little gravy or water. Add all to the onions and stew gently for 20 minutes. Garnish with boiled rice.

## 30

### CURRY MADE WITH MILK

Ingredients.—Cold roast meat, fowl or game, butter, curry powder, flour, salt 1 onion, milk, boiled rice.

Method.—Cut the meat, fowl or game into pieces, dust with curry powder, flour and salt; fry in a saucepan with an onion for a few minutes; cover with milk and stew as required. Thicken with flour, add more curry if needed, and a piece of butter. Serve with boiled rice.

## 31

### QUICKLY MADE CURRY

Ingredients.—Onions, 3 teaspoons curry powder, 1 teaspoon sugar, 1 teaspoon vinegar, 1 cup milk, cooked meat, flour, boiled rice, salt.

Method.—Fry the finely sliced onions till brown; add curry powder and sugar; cook for 2 or 3 minutes. Add vinegar and milk. Lay the thinly sliced meat in the mixture, sprinkle with flour until thick enough; stir all the time. Serve with boiled rice.

## 32

### RICE RISsoles

Ingredients.—Mincemeat, suet, cold boiled rice, chopped parsley, salt and pepper, flour, milk, breadcrumbs.

Method.—Take some mincemeat, a little suet, some cold boiled rice, chopped parsley, salt and pepper; mix well together and make into pear-shaped rissoles. Dip them in flour and milk, then in breadcrumbs, and fry. Serve with gravy, and a sprig of parsley on each.

## 33

### RICE CROQUETTES (with Cheese Sauce)

Ingredients.—1 cup rice, 1 cup boiling water, 1½ cups of milk, cayenne, salt, cream, tomato, cooked bacon or red herring, egg, bread crumbs, cheese sauce (see below).

Method.—Soak the rice overnight in water. Drain and add one cupful of boiling water. Cook in double boiler till water is absorbed. Then add milk, and cook till milk is absorbed, add cayenne and salt, a little cream (not essential) and either chopped tomato, chopped cooked bacon, a little red herring, or any flavouring you happen to have. Spread on a plate to cool, form into egg-shaped rissoles, egg and breadcrumb them, and fry in deep fat till brown, put in oven for a few minutes to drain fat off. Pile in hot dish and cover with cheese sauce (see below).

## 34

### CHEESE SAUCE

Ingredients.—White sauce, salt and pepper, anchovy, 1 cup mild cheese.

Method.—Heat the white sauce, season with pepper and salt, and a little anchovy (not necessary, but an improvement), add cheese, grated or cut into dice.

## 35

### RICE DORMERS

Ingredients.—½lb. rice, ½lb. mutton suet, 3oz. beef suet, egg, bread crumbs, gravy, salt and pepper.

Method.—Boil the rice, add the chopped suet, salt and pepper. Roll into small sausages, dip in egg and breadcrumbs, and fry a rich brown. Serve with thick gravy.



36

**CHEESE SAVOURY (Hot)**

Ingredients.— $\frac{1}{2}$  onion,  $\frac{1}{2}$  oz. butter, 1 cup boiled rice, 1 cup soup,  $\frac{1}{2}$  cup grated ham or tongue, grated cheese, salt.

Method.—Fry the onion in the butter until brown, remove onion, stir the boiled rice into the onioned butter. When butter absorbed add the cold soup. Simmer gently till most of liquid is taken up. Add the grated ham or tongue. Serve hot with grated cheese.

37

**CURRY BALLS**

Ingredients.— $\frac{1}{2}$  lb. cooked meat,  $\frac{1}{2}$  lb. boiled rice, 1 tablespoon curry, 1 onion, 1 apple, salt and sugar, 1 egg, breadcrumbs.

Method.—Mince the meat, mix with the boiled rice, add curry, minced onion, minced apple, salt and sugar. Moisten with egg, form into balls, dip in egg and breadcrumbs, and fry in hot fat.

38

**LENTIL AND RICE CUTLETS**

Ingredients.— $\frac{1}{2}$  lb. lentils,  $\frac{1}{2}$  lb. rice, 1 onion, 1 dessertspoon chopped parsley, herbs and seasoning, 1 egg, breadcrumbs.

Method.—Boil rice and lentils, drain, mix well, add chopped onion, chopped parsley, herbs, and seasoning. Moisten with a beaten egg, shape into cutlets, toss in egg and breadcrumbs, and fry to a golden brown.

39

**STEWED CABBAGE AND RICE**

Ingredients.—1 cabbage,  $\frac{1}{2}$  pint boiling water, salt,  $\frac{1}{2}$  lb. rice, 1 onion,  $\frac{1}{2}$  lb. butter, pepper, dried saffron.

Method.—Thoroughly wash and drain a hard white cabbage, divide into two portions; slice very fine. Place the butter in a stewpan, add sliced onion and fry; add  $\frac{1}{2}$  pint boiling water, salt and pepper, a little dried saffron, then put in the chopped cabbage. Cook for  $\frac{1}{2}$  of an hour; add the washed rice; simmer till done. The mixture will set like a pudding.

40

**POTATO AND RICE CAKES (Hot)**

Ingredients.—Mashed potatoes, boiled rice, butter, 1 egg, flour, pepper, salt, cayenne.

Method.—Take the mashed potatoes, add about half as much boiled rice; mix together with a little butter, and season with pepper, salt and cayenne. Roll out on a floured board (about  $1\frac{1}{2}$  inches thick) and cut into squares. Brush over with beaten egg and bake in fast oven.

41

**BEEF COLLOPS**

Ingredients.—1 lb. tinned beef, 2 oz. butter or dripping, 1 onion, lemon juice, 1 gill stock, 1 teaspoon mushroom ketchup, seasoning, boiled rice.

Method.—Mince the beef; put the butter or dripping into a stewpan, add the finely chopped onion and fry till it is nicely browned. Add the juice of a lemon, the stock, mushroom ketchup, and seasoning; simmer for about 5 minutes; add the meat; simmer for another 5 minutes. Serve hot with a border of boiled rice.

42

**COUNTRY CAPTAIN**

Ingredients.—1 fowl, 1 dessertspoon flour, 1 dessertspoon curry powder, salt, 1 onion,  $\frac{1}{2}$  pint of stock, boiled rice.

Method.—Cut the fowl into neat joints, dip in a mixture of the flour, curry powder, and salt; fry quickly till a nice brown and put into a stewpan. Slice an onion and fry till brown; add to the fowl, together with the stock, and cook till tender. Serve with boiled rice.



## 43

### HODGE-PODGE

Ingredients.—2½ lb. neck of mutton, 2 quarts cold water, 2 carrots, ½ turnip, ½ parsnip, 1 stalk celery, 1 onion, 1 dessertspoon salt, ½ teaspoon pepper, pinch of allspice, ½ cup rice, parsley.

Method.—Cut the mutton into small pieces and put in a saucepan with the water and salt. Boil gently for 2 hours. Skim off all fat, add the vegetables (chopped into small pieces) and the rice. Boil another hour, and just before taking from the fire put in a teaspoon of finely chopped parsley.

## 44

### SHOULDER OF MUTTON AND RICE

Ingredients.—Shoulder of mutton, 2 cups cold water, ½ onion, lemon peel, nutmeg, pepper, salt, cayenne, rice, 1½ cups milk, 1 teaspoon chopped parsley.

Method.—Put the shoulder of mutton into a stewpan with the cold water, sliced onion, piece of lemon peel, grate of nutmeg, pepper and salt, and a tiny pinch of cayenne. Simmer very gently for 2½ hours, then add rice and stew for 1 hour longer. Before serving, put in the milk and very finely chopped parsley. All the fat must be skimmed off or removed with paper before the rice is put in.

## 45

### EGG AND RICE

Ingredients.—Butter, boiled rice, hard boiled egg, seasoning, bread crumbs, 2 tablespoons melted butter, ½ cup milk.

Method.—Butter a baking dish and sprinkle the bottom with boiled rice. Cover with slices of egg, dot well with butter, and season. Arrange further layers of rice and egg alternately, until the dish is filled. Cover the top with breadcrumbs and the melted butter. Moisten with the milk and bake slowly for 20 minutes.

## 46

### EGGS AND RICE

Ingredients.—1 small cup rice, 2 cups well-flavoured stock or gravy, 1 teaspoon curry powder, eggs, salt.

Method.—Wash the rice thoroughly, put in a saucepan with the stock, and boil till tender; add the curry powder; pile on a hot dish. Serve with fried or poached eggs. A few rolls of bacon may be added. A tablespoon of tomato sauce or grated cheese may be used instead of the curry powder.

## 47

### BEEF RISOTTO

Ingredients.—Butter, cold beef, onions, mushrooms, boiled rice, tomatoes, stock, cheese, salt.

Method.—Chop the onions and beef and place in a pan with the mushrooms; fry in butter. Add sufficient boiled rice, fresh tomatoes to taste, and stock. Cook all slowly from 15 to 20 minutes and serve with butter and cheese.

## 48

### STEWED OX TAILS WITH RICE

Ingredients.—2 ox tails, 4 carrots, 4 turnips, 6 small onions, water, salt, pepper, 4 tablespoons rice, chopped parsley.

Method.—Divide the tails into natural sections, blanch them for 20 minutes, then put back over the fire with the carrots, turnips, onions, and enough water to cover the whole. Add salt and pepper to taste; simmer 4 hours till very tender; then add rice and simmer all for 15 minutes. Serve with chopped parsley.



49

## TIMBARLOW

Ingredients.—1 cup boiled rice, 1 cup minced meat, cheese, thyme, parsley, 1 onion, 2 tablespoons milk, 2 eggs, breadcrumbs, pepper, salt, cayenne.

Method.—Mix the boiled rice, minced meat, grated cheese, thyme, parsley, onion (finely chopped), milk and eggs. Grease a pie-dish, sprinkle with browned breadcrumbs, put in the meat, etc., seasoned with pepper, salt and cayenne; bake  $\frac{1}{2}$  an hour, turn out on to a hot dish, and serve. This mixture may also be put into shallow tin moulds and baked for 20 minutes. Brown gravy may be poured round them.

50

## STEAMED MUTTON AND RICE

Ingredients.—3lb. neck of mutton, 2 carrots, 1 small onion, 1 turnip, 2 teaspoons salt, 1 saltspoon pepper, 1 tomato, peas,  $\frac{1}{2}$  pint water, capers or parsley, boiled rice.

Method.—Put into a steamer the mutton, carrots, onion and turnip (cut into dice), salt, pepper, tomato, peas and water. Cover the steamer and stand in a saucepan of water, steam for three hours. Put a border of boiled rice round a dish, place the mutton in it, with the chopped vegetables in a heap in the centre; sprinkle with finely chopped capers or parsley.

51

## RICE "NOVELLE"

Ingredients.—Small cup rice, small piece fat ham, 1 stalk celery, parsley, 1 onion, 2 canned or 1 fresh mushroom,  $\frac{1}{2}$ lb. lean beef, small piece butter, 1 tablespoon tomato paste or 2 $\frac{1}{2}$  tablespoons tomato sauce,  $\frac{1}{2}$  cup water, 2 tablespoons grated cheese, salt.

Method.—Chop up ham, celery, parsley, onion, mushroom and beef; place all in a large saucepan, with a small piece of butter and cook till meat is well browned; add tomato paste dissolved in hot water. Cook well, adding from time to time a little water. Wash the rice, add to the other ingredients in the saucepan, and cook for about 20 minutes, adding more water as required. Lastly, add the grated cheese, mix well, and serve with more cheese if desired.

52

## RICE CASSEROLE

Ingredients.— $\frac{1}{2}$ lb. rice, 4oz. butter, 1lb. minced meat, 1 gill stock, 1 egg, seasoning.

Method.—Melt the butter in a stewpan, add the washed rice, salt, and enough flavoured stock to cover the rice. Cook slowly and stir frequently till tender, adding more stock if required. Then whisk till smooth and creamy, and spread on a dish to cool. Butter a plain mould, and line it with the rice to the depth of an inch. Leave till firm, fill up with highly flavoured mince, moisten with gravy, cover with buttered paper, and steam for 1 hour. Reverse the mould on a hot dish, and after a few minutes the casserole will slip on to it; brush over with clarified butter, then with beaten yolk of egg; brown in oven and serve.

53

## CURRIED BEANS

Ingredients.—1lb. French beans, boiled rice, pepper, salt, soda, parsley.

Method.—String the beans and cut each bean into 2 strips, wash, place in pan of boiling water, add soda and salt, boil for 20 minutes, strain into colander; place them in the sauce as Recipe 54, simmer for 5 minutes, lay on a dish with a border of boiled rice, sprinkle the rice with pepper and the beans with chopped parsley.



## 54

### CURRY SAUCE

Ingredients.—2oz. butter, 3 onions, 1 tomato, 1 dessertspoon curry powder, 3 bay leaves, thyme, 3 cloves, salt, 2 chillies, ground ginger, 1 teaspoon Worcestershire sauce, 1½oz. flour, lemon juice, ½ pint flavoured stock, ½ pint gravy, few drops carmine.

Method.—Place the butter in saucepan with the sliced onions and tomato, fry till a golden colour; add curry powder, bay leaves, a sprig of thyme chopped fine, cloves, salt, chillies, a little ground ginger, Worcestershire sauce, a little glaze and juice of lemon; mix well with a wooden spoon. Add flour (stirring all the time), stock and gravy; stir till it boils. Let the sauce simmer for half an hour, add a few drops of carmine, strain into another pan, and finally add the beans.

## 55

### CURRY OF KIDNEYS

Ingredients.—4 or 5 sheep kidneys, 1oz. butter, 1 dessertspoon rice-flour, 1 teaspoon curry powder, 1 tablespoon cream, 1 small onion, 1 small apple, ½ pint stock, a little chutney, salt, pepper, lemon juice, boiled rice.

Method.—Split and skin the kidneys and remove the hard fat from the centre. Melt the butter in a small stewpan or earthenware casserole, put in the kidneys and cook them for a few minutes. Add the sliced onion and chopped apple; fry for a few minutes. Add the riceflour, curry powder, chutney, pepper, salt, squeeze of lemon juice; mix well and pour in the stock. Allow the kidneys to stew slowly in this sauce until they are quite tender. Add the cream at the last and serve with boiled rice.

NOTE.—Veal kidney may be used instead of sheep's, but it will take longer to cook. Time to cook, ½ to ¾ of an hour.

## 56

### INDIAN CURRY

Ingredients.—Cold mutton, 2 large onions, 1 tablespoon curry powder, 1 tablespoon flour, 1 teaspoon chutney, 1 teaspoon brown sugar, lemon juice, 1½ cups cold water or stock, salt, boiled rice.

Method.—Slice the onions and fry them to a light colour; mix a large tablespoon of curry powder with the flour, chutney, brown sugar and juice of half a lemon; add to this the cold water or stock and salt; pour into the frying pan with the onions and boil for a few minutes. Cut the meat from a cold leg of mutton into square pieces; put into a stewpan and pour the mixture over it. Stand by the side of the fire and simmer gently for 1 hour. Serve with boiled rice.

## 57

### COLD CURRY

Ingredients.—Chops, cold meat or chicken, 2oz. butter, 4 onions, 2 bay leaves, 2 sprigs thyme, 1 teaspoon curry paste, 2 teaspoons rice-flour, 2 teaspoons cornflour, juice of 2 lemons, 1 tablespoon jam, 1 quart stock, boiled rice, muscatel raisins, pepper and salt.

Method.—Put the butter in a pan with the chopped onions, bay leaves, thyme and a little pepper and salt; fry for ¼ of an hour. Mix the curry paste, riceflour, cornflour, lemon juice, jam and a little salt. Add these to the stock, mix well and lay in the meat (chops, sliced or chopped meat, or chicken may be used). When quite cold arrange in a dish with a border of rice and decorate with muscatel raisins.

## 58

### RICE CUTLETS

Ingredients.—½lb. boiled rice, ½lb. cold meat, 2oz. suet, pepper and salt, 2 eggs, ½ teaspoon minced parsley, 1 eschalot.

Method.—Chop meat and suet; add rice, pepper, salt, eschalot and minced parsley; bind with 1 egg, form into cutlets or balls; dip in the other egg, and then in browned breadcrumbs. Fry in very hot fat. Serve with a brown gravy or tomato puree.



**59****BAKED CURRY SHAPE, No. 1**

**Ingredients.**—Bacon, boiled rice, cold meat (minced), curry powder, gravy sauce or white sauce, salt.

**Method.**—Line a pie-dish with a little thin bacon, add a layer of well-boiled rice, a layer of cooked meat (well minced and flavoured), and cover with boiled rice. Bake for 1 hour. Have ready some thick gravy sauce, or some white sauce flavoured with curry powder, and pour round shape.

**60****BAKED CURRY SHAPE, No. 2**

**Ingredients.**—1 onion, 1oz. butter, 1 cup milk, 1 slice bread, 6 sweet almonds, 2 eggs,  $\frac{1}{2}$ lb. minced meat, 1 tablespoon curry powder, boiled rice, salt.

**Method.**—Fry onion in butter, soak bread in milk, and grate almonds. Beat the eggs, add a little milk, mix all with meat. Bake in a buttered pie-dish in a slow oven. Turn out and serve with boiled rice.

**61****CHICKEN CREAM ENTREE**

**Ingredients.**—1 chicken, 2 eggs, pepper, salt, spice, cream or milk, boiled rice.

**Method.**—Stew the chicken until tender, and mince the flesh. Mix with the eggs (well beaten), pepper, salt, spice to taste, and enough cream or milk to make the mixture soft. Steam in a basin from 20 to 30 minutes. Serve with boiled rice.

**62****RICE AND EGG SAVOURY**

**Ingredients.**—2 eggs, 2oz. butter, 4oz. boiled rice, pepper, salt,  $\frac{1}{2}$  teaspoon chopped capers,  $\frac{1}{2}$  teaspoon bovril, buttered toast.

**Method.**—Melt the butter in a saucepan. Dissolve bovril in a little hot water; pour into the butter, with rice, eggs and seasoning, and stir over the fire until thoroughly hot. When cooked, heap mixture on squares of hot buttered toast, sprinkle with chopped capers and serve hot.

**63****SAVOURY CROQUETTES OF RICE**

**Ingredients.**—3oz. rice, 1 pint white stock, 1oz. butter, pepper, salt, 1oz. grated cheese, 2 eggs, flour, breadcrumbs, parsley.

**Method.**—Put into saucepan the rice, stock, butter, pepper and salt, and simmer gently until soft (about 45 minutes). Stir in the grated cheese and the yolks of the eggs; cook until the eggs begin to thicken. Pour out on a flat dish and set aside until quite cold and firm. Form into croquettes of an equal size, roll in flour, and brush lightly with beaten egg, coat with breadcrumbs, and fry in boiling fat until brown. Drain on kitchen paper in the oven for a minute or two, serve hot, garnish with parsley.

**64****TOMATO AND RICE SAVOURY**

**Ingredients.**—3oz. rice, 1 onion, 2 tomatoes, 3oz. cooked ham, salt, pepper, 3oz. butter, chopped parsley.

**Method.**—Cut tomatoes into slices, place in a baking dish with a little butter or dripping, cook until tender, being careful to keep the slices whole. Wash rice, cook in plenty of boiling salted water for about 15 minutes (or until the rice is tender), then strain. Chop the ham and the onion; fry the onion in butter until tender; stir in the rice, ham, salt and pepper. Make all thoroughly hot, put in a pie-dish, place the slices of tomato on top, and sprinkle with chopped parsley. Serve very hot.



## 65

### CHICKEN AND RICE

Ingredients.—1 chicken, pepper, lemon juice, nutmeg, salt, 1 cup rice.

Method.—Cut the chicken into neat pieces, dust with pepper, squeeze a small lemon on to the chicken and add a thin slice of lemon peel, a grating of nutmeg, salt and  $\frac{1}{2}$  cup well-washed rice; cover with water and simmer for an hour. Skim if necessary; add balance of rice, boil for 20 minutes, and serve. If the breast and wings of a chicken have been used otherwise, the legs and back make a very good dish. Chicken and mushroom, done in the same way, but half milk mixed with the water to cover it, is good.

## 66

### RICE CHEESE FONDUE

Ingredients.—1 cup boiled rice, 2 tablespoons milk, 4 eggs,  $\frac{1}{4}$  lb. grated cheese,  $\frac{1}{2}$  teaspoon salt, 1 teaspoon Worcestershire sauce.

Method.—Heat the milk and rice together in a double boiler; add remaining ingredients and cook slowly until cheese is melted. Serve on toasted soda biscuits or toasted slices of bread.

## 67

### STEWED KNUCKLE OF VEAL WITH RICE

Ingredients.—3 lb. knuckle of veal,  $\frac{1}{4}$  lb. rice, 2 onions, 1 small head celery, hot water, salt, pepper, 1 teaspoon chopped parsley.

Method.—Place the meat in a saucepan with hot water to cover it. Bring to the boil and skim well. Add the onions and chopped celery, season with pepper and salt, and stew slowly for 1 hour. Then add the washed rice and cook for 1 hour longer. When ready, serve the meat on a hot dish with the vegetables and rice round; sprinkle with chopped parsley. Time to cook about 2 hours.

## 68

### MUTTON STEW WITH RICE AND TOMATOES

Ingredients.—2 lb. lean mutton, 1 $\frac{1}{2}$  oz. butter, 2 tablespoons onion, 3 tomatoes, salt, pepper, 2 pints water or stock, 1 cup parboiled rice, parsley.

Method.—Cut the meat into 1 $\frac{1}{2}$  inch squares, season with pepper and salt. Slice the onions, place in a stewpan with the butter, and cook for a few minutes only; add the meat, stir, and cook for about  $\frac{1}{2}$  of an hour. Add the water or stock, and the sliced tomatoes, stew slowly for about 1 hour. Add the rice and cook for about  $\frac{1}{2}$  an hour longer. Arrange on a hot dish and sprinkle with a little finely chopped parsley.

## 69

### FRIED RICE, No. 1

Ingredients.—Boiled rice, 1 egg, 1 onion, 3 chillies,  $\frac{1}{2}$  teaspoon salt, butter.

Method.—Slice the onion and put it in a pan with the butter; stone and pound the chillies, mix them with the rice, the egg (well beaten), and the salt; add to the onion, mix well, and fry a nice brown.

## 70

### FRIED RICE, No. 2

Ingredients.—Boiled rice, hot butter, sauce or custard, salt.

Method.—Press the freshly boiled rice into an inch-deep pan, cover with a heavy weight; when cold cut into 2 inch squares and fry in hot butter till brown. Serve with sauce (curry or tomato) or custard.

## 71

### RICE SALAD

Ingredients.—2 cupfuls cold boiled rice, 2 chopped hard-boiled eggs, salad dressing, lettuce leaves, sliced beetroot, salt.

Method.—Mix the rice well with the dressing and chopped eggs; arrange on crisp lettuce leaves, and garnish with sliced egg and beetroot.



**72****SALAD VICTORIA**

Ingredients.—1½ cups cooked chicken, 3 small tomatoes, 1 cup cooked French beans, ½ cup boiled rice, salt, pepper, 1 tablespoon vinegar, 3 tablespoons salad oil, lettuce, mayonnaise.

Method.—Peel the tomatoes and cut in small cubes cut the beans very small. Mix the diced chicken, vegetables and rice together and add the seasoning, vinegar and oil. Chill thoroughly and arrange in neat moulds on nests of crisp lettuce. Serve mayonnaise in a separate bowl.

**73****POTPOURRI**

Ingredients.—Slices of cold meat or poultry, 1 teaspoon each salt, black pepper, mustard, and salad oil, 1 tablespoon Chilli vinegar, 1 tablespoon Worcestershire sauce, 1 wineglass claret, eggs, anchovies, boiled rice.

Method.—Place the slices of cold meat or poultry in a dish and pour over them a mixture of salt, pepper, mustard, salad oil, Chilli vinegar, Worcestershire sauce and claret. Place in the oven and shake or baste gently for 10 minutes. Serve with boiled rice, and garnish with hard-boiled eggs, cut in two, and stuffed with the yolk of the egg and anchovies mixed.

**74****COLD MEAT AND RICE SHAPE**

Ingredients.—Cold meat, boiled rice, salt, pepper, Worcestershire sauce, gravy.

Method.—Mince the meat and mix with boiled rice in about the proportion of ¼ cup of rice to 1 cup of meat. Season with salt and pepper, add Worcestershire sauce and a little gravy. Fill a mould, cover closely, and steam for 1 hour. Turn out and serve with brown gravy.

**75****CHICKEN DELIGHT**

Ingredients.—1 cup cooked chicken, 1 teaspoon chopped parsley, ½ teaspoon onion juice, 1 egg, pepper, salt, boiled rice.

Method.—Mix all ingredients, except rice, with beaten egg. Grease a mould and line with boiled rice half an inch thick. Fill centre with mixture, and cover top with rice, so that mould is full. Cover with buttered paper, and steam for 25 minutes. Serve with brown gravy.

**76****CURRIED RABBIT.**

Ingredients.—1 rabbit, 3 onions, butter, ½ pint stock, curry sauce, boiled rice, salt.

Method.—Fry the sliced onions in butter until brown, add the joints of the rabbit, fry; lift out rabbit; add curry sauce and ½ pint of stock to the onions, return the rabbit to the pan and stew till tender. Serve with boiled rice.

**77****CURRIED VEGETABLES**

Ingredients.—3 carrots, 1 apple, 5 or 6 potatoes, 1 onion, 1 turnip, salt, 1 tablespoon flour, 2 tablespoons curry powder, 1oz. butter, 1 pint stock, ½lb. boiled rice.

Method.—Clean and peel the vegetables and apple, cut into large dice; braize the carrots in the butter for ten minutes in a stewpan; then add the rest of the vegetables, apple and salt; brown these and sprinkle in the flour and curry powder; braize for 10 minutes. Add the stock and simmer until vegetables are well cooked. Place the vegetables on a dish, using the boiled rice as a border. If tomatoes are in season 1 or 2 added to the curry will improve it.



## COOKERY JOTTINGS.

The following recipe makes a nice sweet for Sunday night's supper. Wash three ounces of rice and cook it (in a double saucepan) with a pint of milk till thick and creamy. Sweeten to taste, add an ounce of chopped almonds and a drop or two of almond essence. Pour into a mould and turn out when cold. If liked, surround with pink chopped jelly.

If you are a macaroni lover you will like this salad in which it figures: Cut up a small beetroot in neat dice, and two or three cold potatoes in rather thick slices. Put them in a salad bowl, garnish with little heaps of cold cooked macaroni, arrange any kind of green salad round, and sprinkle the whole with grated cheese and a little chopped parsley.

This bread pudding isn't a bit like the "common or garden" kind that most people dislike. Soak some stale bread in water, squeeze as dry as possible and beat with a fork. For a medium-sized pudding add two or three tablespoonfuls of golden syrup, two ounces of oiled butter or margarine, an ounce of chopped peel, and two ounces of currants or sultanas. Mix all together, turn into a pie dish, sprinkle the top with brown sugar and bake in rather a sharp oven till crisp on top.



**78****STEAK AND KIDNEY CURRY**

Ingredients.—3 onions, dripping,  $\frac{3}{4}$  lb. steak,  $\frac{1}{2}$  lb. kidney,  $1\frac{1}{2}$  cups water, 1 dessertspoon curry powder, 1 tablespoon flour, boiled rice, salt.

Method.—Place the sliced onions in hot dripping and fry; add the chopped steak and kidney, and the water; simmer for 5 minutes. Mix curry powder, flour, and a little browning to a smooth paste, and add to mixture. Boil till thick and smooth. Serve with boiled rice.

**79****LADY DIANA CURRY**

Ingredients.—1 lb. steak, veal, mutton, or fowl, 2 oz. butter, 1 large onion, 1 tablespoon curry powder, salt,  $\frac{1}{2}$  pint milk or gravy, lemon juice, boiled rice.

Method.—Slice the onion and fry in the butter to a light brown; cut the meat into squares, dust with curry powder and salt, and fry quickly. Turn all into a stewpan with the hot milk or gravy; simmer gently for 2 hours. Add the lemon juice and serve with boiled rice.

**80****SAVOURY BREAD PUDDING**

Ingredients.—1 cupful crumbs,  $\frac{1}{2}$  lb. grated cheese,  $\frac{1}{2}$  lb. mashed potatoes, 2 oz. boiled rice, 1 egg, butter, salt.

Method.—Mix the breadcrumbs, rice, cheese, and half the potatoes; add the beaten egg and a little milk if necessary. Place in a well-greased pie-dish and cover with the balance of the potato; add some pieces of butter; bake until browned.

**81****CURRIED EGGS**

Ingredients.— $1\frac{1}{2}$  oz. butter, 1 oz. flour, 1 small onion, 5 eggs, 1 apple,  $1\frac{1}{2}$  teaspoons curry powder,  $\frac{1}{2}$  pint stock, boiled rice, salt.

Method.—Slice the apple and onion and fry in butter to a light brown colour; mix the flour and curry powder into a smooth paste with a little of the stock; add gradually to the apple and onion; then the rest of the stock, stirring all the time. Let this curry sauce cook for about 20 minutes, add the hard-boiled eggs (sliced) and warm through. Serve hot with boiled rice.

**82****CURRIED CAULIFLOWER**

Ingredients.—1 cauliflower, 1 onion, 1 oz. butter, 1 dessertspoon curry powder, 1 tablespoon flour,  $\frac{1}{2}$  pint milk, boiled rice, salt.

Method.—Slice the onion; fry in butter; add curry powder, flour, milk and salt to taste; stir till boiling. Carefully place the boiled cauliflower in an entree dish, pour curry sauce over and garnish with boiled rice.

**83****RICE, ITALIAN, No. 1**

Ingredients.—1 tablespoon butter, 2 cupfuls boiled rice, 1 cupful tomato sauce, salt, pepper, grated cheese.

Method.—Put the butter in a saucepan, and when melted add the rice and tomato sauce. Season, and stir until heated through. Serve, sprinkled with grated cheese.

**84****RICE, ITALIAN, No. 2**

Ingredients.— $1\frac{1}{2}$  cups boiled rice, 1 large onion, 2 tomatoes, 1 cup minced pork,  $\frac{1}{2}$  cup gravy, breadcrumbs, grated cheese, parsley, salt.

Method.—Chop the onion and tomatoes, mix with the rice, minced pork (or meat) and gravy. Place in a well-greased pie-dish and sprinkle with a mixture of breadcrumbs, grated cheese and a little parsley. Bake in a slow oven.



## 85 STEAK AND RICE WITH CAULIFLOWER

Ingredients.—1lb. fillet of beef, 1 onion, parsley, 1oz. dripping, 2 tablespoons Worcestershire sauce, parsley, 1 small cauliflower, boiled rice, salt.

Method.—Rub each side of the beef with a cut onion, place in pan with dripping and Worcestershire sauce, cook rapidly for 15 minutes, turn frequently. Boil some rice and make it savoury with parsley and onion. Cook the cauliflower separately. Place the steak in the centre of a dish with a border of rice and cauliflower.

## 86 RICE, INDIAN

Ingredients.—1 tablespoon butter, finely chopped onion, 6 tablespoons rice, 1 teaspoon curry powder, pepper, salt.

Method.—Put the butter in a double boiler, and when melted add the onion, cooked rice, curry powder and seasoning. Cover over and cook for  $\frac{1}{2}$  of an hour.

## 87 RICE, SPANISH

Ingredients.—2 tablespoons butter, half cup of rice, chopped tomato, chopped onion, stock, seasoning.

Method.—Put the butter in a saucepan, and when melted add the rice and stir for  $\frac{1}{2}$  of an hour. Add the tomato and onion; cover with stock; season. Stir well; cover; and let the rice cook slowly for 40 minutes.

## 88 PERUVIAN RICE WITH DUCK

Ingredients.—1 small duck, butter, minced garlic, salt, pepper, rice, peas.

Method.—Cut the duck into joints, place in pan with butter, and stir until butter is melted; add garlic, salt, pepper and sufficient warm water to completely cover the duck; cook slowly until tender, but not leaving the bone. Remove the duck, measure the liquor and add  $\frac{1}{2}$  cup each of rice and green peas to every cup of liquor. Return the duck to the pan and cook very slowly.

## 89 RICE KEDGEREE

Ingredients.— $\frac{3}{4}$ lb. rice, 3 eggs, 3oz. margarine, 3 tomatoes, half an onion (small), 2 teaspoons parsley (chopped), salt.

Method.—Cook the rice; boil the eggs quite hard; cut them up into quarters; cut the tomatoes into slices; mince the onion very fine; add the parsley; mix well. Melt the margarine in saucepan; add the mixture; heat thoroughly.

## 90 BAKED RICE AND CHEESE WITH CELERY

Ingredients.—1 cup cooked celery, 1 cup rice, 4 cups milk, 2 tablespoons butter, 2 tablespoons flour,  $\frac{1}{2}$ lb. grated cheese, salt, pepper.

Method.—Put rice in double boiler, add milk, cook till tender; add cooked celery. Make a sauce with butter, flour, seasoning and remaining milk; add cheese and stir until it melts. Butter a baking dish and arrange alternate layers of rice and celery and cheese sauce, cover top with buttered crumbs and bake until brown.

## 91 CURRIED TOMATO WITH RICE

Ingredients.—Large solid tomatoes, boiled rice, curry powder, salt.

Method.—Cut a slice from the stem end of the tomatoes and scoop out some of the pulp. Fill the space with a mixture of boiled rice, tomato pulp and a little curry powder ( $\frac{1}{2}$  teaspoon to a cup of rice). Replace the cut-off slices and bake for 15 minutes.



92

**RICE, RUSSIAN**

**Ingredients.**—Boiled rice, finely chopped tomatoes, salt, pepper, butter, cooked green peas, melted butter.

**Method.**—Butter a baking dish and put an inch layer of rice in the bottom. Sprinkle tomatoes over this and season. Dot well with butter. Place another layer of rice over this and spread with peas. So on alternately until the dish is full; have a layer of rice on top. Pour 2 tablespoons of melted butter over all, and cover the dish. Cook in a slow oven for 20 minutes. Just before serving add a little more melted butter.

93

**RICE OMELET**

**Ingredients.**—2 eggs,  $\frac{1}{2}$  cupful milk,  $\frac{1}{2}$  cupful cold boiled rice, 1 tablespoon melted butter, seasoning, sauce or watercress.

**Method.**—Beat the yolks and whites of eggs separately; add the yolks to the milk, rice, butter and seasoning. Then add the whites. Put into a buttered omelet pan, cook over a slow fire and shake vigorously. Sprinkle all with salt, and when set fold over and serve with sauce or garnish with watercress.

94

**ORIENTAL SALAD**

**Ingredients.**—2 cups boiled rice, 1 tin sardines, salad dressing, lettuce, pepper, salt.

**Method.**—Mix the oil from the sardines into the rice; season with pepper; pile rice high in salad bowl; pour over a little salad dressing; press sardines into rice; if desired, decorate with sliced tomatoes or cooked green peas. Serve with shredded lettuce and salad dressing.

95

**CURRIED TRIPE**

**Ingredients.**—1lb. cooked tripe, 3 tablespoons onion (minced), 1oz. butter or dripping, 1 dessertspoon curry powder, 1 dessertspoon flour,  $\frac{1}{2}$  pint white stock, 1 gill milk, seasoning, boiled rice.

**Method.**—Cut the tripe into small pieces. Cook the onion slowly in the butter until it begins to turn brown; add the curry powder and flour; mix well. Add the stock and milk, stir until boiling, and season to taste. Lay the tripe in the sauce and allow it to simmer from 15 to 20 minutes. Serve very hot with boiled rice.

**PUDDINGS & SWEETS**

96

**RICE CREAMS A LA CARLTON**

**Ingredients.**—2oz. rice,  $\frac{1}{2}$  pint milk,  $\frac{1}{2}$  pint cream, vanilla, 1oz. sugar, chopped almonds, jelly, salt.

**Method.**—Boil the rice in the milk until tender but not pulpy; strain and put aside to cool. Whip the cream and flavour with vanilla and castor sugar. When the rice is cold, add the cream and mix well. Fill China souffle cases, heaping rather high; garnish with chopped almonds, and piped jelly. Stand on ice and chill through before serving.

97

**APRICOTS AND RICE (Cold)**

**Ingredients.**—Boiled rice, cooked apricots, cornflour, preserved cherries, angelica.

**Method.**—Cook the apricots and thicken the syrup with a little cornflour. Pile in the centre of a dish and border with cold rice; ornament with chopped cherries and sliced angelica.



98

### MYRTLE PUDDING

Ingredients.—1 cup boiled rice, 1 pint milk, 3 eggs, 1 tablespoon sugar, essence to taste, salt.

Method.—Beat eggs, place with other ingredients in well-buttered pie-dish, and steam for 2 hours. Serve with wine sauce.

99

### GEORGE PUDDING

Ingredients.—4oz. rice, milk, 12 medium-sized apples, 1 dessertspoon grated lemon peel, 4oz. sugar, 2oz. candied citron peel, 5 eggs, custard, salt.

Method.—Simmer the rice in the milk till tender but not broken; drain it. Cut the apples into quarters; add the grated lemon peel and sugar; stew to a pulp; stir into the rice, with the candied citron peel and the well-beaten yolks of the eggs. Whisk the whites of the eggs to a froth, add to the mixture; pour into a buttered mould and bake for three-quarters of an hour. Turn out and serve with custard.

100

### BAKED BANANAS WITH RICE

Ingredients.—4oz. rice, 1 pint milk, castor sugar, ground cinnamon, stewed apples, bananas, fruit sauce or custard, salt.

Method.—Cook rice in milk till quite soft. Have ready a buttered dish and line with a layer of rice; sprinkle with castor sugar and cinnamon. Cover with a thick layer of stewed apples and sliced bananas. Top with more rice and bake in a fairly hot oven for 20 minutes. Serve hot with fruit sauce or custard.

101

### SOMERSET RICE

Ingredients.—Rice, 1 tablespoon butter,  $\frac{1}{2}$  cup sugar, nutmeg,  $\frac{1}{2}$  cup currants, salt.

Method.—Boil the rice till tender, add butter, sugar, about half a nutmeg (grated) and currants. Keep the rice hot so the currants will cook and swell.

102

### APPLE AND RICE MERINGUE

Ingredients.—3 apples, 3 cloves, sugar, 1 egg, 3oz. rice, 1 gill milk, salt, pink sugar.

Method.—Wash rice 3 times, place in a saucepan with  $\frac{3}{4}$  pint of water and a pinch of salt; cook slowly until water is absorbed. Add 2 tablespoons sugar, and the milk; continue to cook slowly till grains of rice are soft. Make a syrup of  $\frac{1}{2}$  pint water, cloves, and 3 tablespoons sugar; quarter the apples and add to the boiling syrup; cook until soft. Pile the apples in the centre of a dish, make a border of the rice. Beat the white of the egg until stiff, add 1 teaspoon sugar; pile on top of apples and sprinkle with pink sugar. Place in very slow oven until meringue is slightly browned. Lift out and garnish with pink sugar.

103

### RICE PUDDING

Ingredients.—2oz. rice,  $\frac{1}{2}$  pint water, pinch salt,  $\frac{1}{2}$  pint milk, 1 tablespoon sugar, 1 egg, 3 drops essence,  $\frac{1}{2}$  teaspoon butter, nutmeg.

Method.—Wash rice 3 times, place in saucepan with cold water and a pinch of salt; cook very gently until water is absorbed and rice is tender. Remove from fire, add the milk, and allow to cool. Beat up the egg with the sugar, stir into the rice and milk, add the essence. Pour into a buttered pie-dish; drop the butter in the centre; grate nutmeg over top. Stand the pie-dish in a baking dish of cold water to prevent the custard boiling, and bake in a medium oven till set—about  $\frac{1}{2}$  an hour.



## 104

### PINK RICE

Ingredients.—2oz. rice, 1 tablespoon sugar, 1 pint water, salt, cochineal.

Method.—Wash the rice 3 times. Colour the water with cochineal and add the rice, sugar, and a pinch of salt; cook gently until water is absorbed and rice is tender. Cool and serve with stewed fruit.

## 105

### BAKED RICE

Ingredients.—2oz. rice, 1oz. sugar, 1 pint milk, 1oz. butter, nutmeg, 1 gill water, salt.

Method.—Wash rice 3 times, place in pie-dish; add water; cook in slow oven until rice absorbs all the water. Add milk, sugar, butter and grated nutmeg; mix well. Bake in a very slow oven from 1 to 1½ hours.

## 106

### GLORIFIED RICE

Ingredients.—1 packet lemon fruit jelly crystals, ½ pint boiling water, ½ pint pineapple or other fruit juice, 2 cups boiled rice, 1 cup whipped cream, 4 tablespoons sugar, salt.

Method.—Dissolve jelly crystals in ½ pint boiling water; add fruit juice; when cold, whip to the consistency of cream; fold the boiled rice into the whipped jelly; add 1 cup whipped cream; sugar and salt to taste. Chill thoroughly.

## 107

### RICE PUDDING WITH ICING

Ingredients.—3 tablespoons rice, 1 pint milk, 1 cup water, butter, 1½ cups sugar, ½ teaspoon cinnamon (or nutmeg), salt, 2 eggs, 1 cup chopped raisins.

Method.—Place the milk, water and a pinch of salt in a pie-dish, stir in the rice, ½ cup sugar and cinnamon, add a lump of butter. Bake for 2 hours; lift off top skin; spread with icing made in the following manner, and return to oven to brown.

Icing.—Mix the whites of 2 eggs with 1 cup sugar and add the chopped raisins.

## 108

### VANILLA SNOW PUDDING

Ingredients.—1 cup rice, 5 cups water, ½ cup sweetened cream, ½ cup sugar, 1 tablespoon butter, 2 eggs, vanilla, salt.

Method.—Wash the rice and boil in salted water for 20 minutes; add cream, sugar, butter, and fold in the stiffly-beaten whites of eggs. Flavour with vanilla. Pile on dish and serve cold.

## 109

### KENTUCKY RICE BALLS

Ingredients.—½lb. rice, 1 pint milk, 3oz. sugar, lemon or vanilla essence, 1 egg, breadcrumbs, sugar, jam, butter, salt.

Method.—Simmer the rice in the sweetened milk until all moisture is absorbed; add the flavouring; when cold shape into balls. Dip in egg and breadcrumbs and fry in very hot butter until a golden brown. Drain on kitchen paper and dust with castor sugar. For variety a little jam may be placed in the centre of the balls when shaping them.

## 110

### RICE BLANC MANGE

Ingredients.—4oz. rice, milk, sugar, lemon peel, stick of cinnamon, currant jelly or red preserved fruit, cream or plain custard, salt.

Method.—Swell the rice in water; drain and boil to a mash in sweetened milk; flavour with a piece of lemon peel and a stick of cinnamon. When quite soft, pour into cups, or a shape, dipped in water. Turn out when cold, and garnish with jelly or red preserved fruits. Serve with cream or custard.



## 111

### RICE PANCAKES

Ingredients.—2oz. boiled rice, 1 pint milk, 2 eggs, 4oz. flour, 2oz. butter, essence of lemon, 1oz. sugar, salt.

Method.—Put the flour into a basin, drop in the eggs, mix well; add the milk gradually, then the essence and the rice. Heat some butter in a frying pan, drop in 1 tablespoon of the mixture at a time. Fry to a golden brown, drain on paper, pile on a dish and sprinkle with sugar.

## 112

### RICE AND RAISIN PUDDING, No. 1

Ingredients.— $\frac{1}{4}$ lb. rice,  $\frac{1}{2}$ lb. raisins, nutmeg, melted butter, sauce, salt.

Method.—Stone the raisins and tie them in a cloth with the well-washed rice; leave plenty of room for the rice to swell. Boil for 2 hours, turn out, pour sweetened melted butter sauce over the pudding. The sauce may be flavoured with wine, or a grate of nutmeg.

## 113

### RICE AND RAISIN PUDDING, No. 2

Ingredients.—2 tablespoons rice,  $1\frac{1}{2}$  pints milk, 1 tablespoon sugar, salt, 1 tablespoon raisins.

Method.—Put the rice and salt into a pie-dish and one-third fill with water. Bake in the oven for  $\frac{1}{4}$  of an hour or till the water is absorbed. Mix in the sugar, raisins and milk, and return to the oven, which must be slow. Bake for  $1\frac{1}{2}$  hours, and as often as possible open the oven door and without removing the pudding from the oven, stir it gently so that the skin which has formed on the milk becomes mixed with the milk. Continue to do this until the rice is cooked through, then allow it to brown on top in the usual way. The result is raisins and cream.

## 114

### LEMON RICE

Ingredients.—2oz. rice, 1 pint milk, 1 tablespoon sugar,  $\frac{1}{4}$ oz. sheet gelatine,  $\frac{1}{2}$  pint cream, 2 lemons, salt.

Method.—Place the rice, milk and thinly-peeled rind of 1 lemon into a pan and boil until the rice is tender. Soak the gelatine for a few minutes in a basin of water; add to the rice, and stir till dissolved. Pour the rice into a basin, and, when nearly cold, add cream; beat till spongy. Set in a wet mould. Peel the other lemon rather thickly and cut rind into shreds about  $\frac{3}{4}$  inch long; boil till tender; drain off the water. Pour a cup of fresh water over the shreds, add the juice of 1 lemon and sugar; boil for about 15 minutes. Allow to cool. Turn the rice out on to a glass dish, and pour over it the syrup and lemon peel. An equal quantity of milk may be substituted for the cream.

## 115

### RICE BLISS

Ingredients.—1 pint milk,  $\frac{1}{2}$  pint cream, 3oz. rice, 3oz. sugar, lemon rind, 1 inch stick cinnamon,  $\frac{1}{4}$ oz. sheet gelatine, stewed fruit, salt.

Method.—Place the rice in a pan with cold water, bring to the boil, then toss into a colander and wash with cold water. Return to the pan, add the milk, thinly-peeled lemon rind and cinnamon; cook till tender. Soften the gelatine in cold water, then stir into the rice. When cool, add the whipped cream and serve cold with stewed fruit.

## 116

### RICE MOULD

Ingredients.— $\frac{1}{4}$ lb. rice,  $1\frac{1}{2}$  pints milk, 1 dessertspoon butter or 2 tablespoons of cream, essence, salt, stewed fruit or jam.

Method.—Flavour the milk with a few drops of essence, wash the rice and cook in the milk until reduced to a soft mass; add the butter or some thick cream, and a pinch of salt. Place in a wet mould and turn out when cold. Serve with stewed fruit, or cream and jam.



**117****RICE SNOWBALLS**

Ingredients.—6oz. rice, essence of almonds, 1 pint boiled custard, 1 quart milk, sugar, jelly, salt.

Method.—Boil the rice, sugar and milk to a soft mass, then add the flavouring. Set in small cups, and when cold turn out into a deep glass dish; pour the boiled custard around, and on top of each ball place a small piece of brightly-coloured jelly.

**118****RICE MERINGUE**

Ingredients.—1 cup rice, 5oz. sugar, 2 eggs, apricot jam, salt.

Method.—Cook the rice till tender and dry; stir in the yolks of eggs and 1oz. sugar. Set in a mould, turn out, and cover with apricot jam. Beat the whites of eggs and 4oz. sugar till stiff; spread on top of jam and brown in oven.

**119****RICE FLUMMERY**

Ingredients.—4oz. rice, 3oz. sugar, 2oz. butter, grated lemon rind, 4 eggs, 1½ pints milk, salt.

Method.—Simmer the rice in the milk until tender. Stand aside until cool—not cold—add butter, sugar, salt, lemon rind, and yolks of 4 eggs, well beaten. Pour into buttered dish and spread with a meringue made with the whites of the 4 eggs and 3 tablespoons powdered sugar. Bake in moderate oven till brown.

**120****RICE BARS AND VANILLA SAUCE**

Ingredients.—Cold rice pudding, 1 egg, breadcrumbs, golden syrup, vanilla essence, salt.

Method.—Cut the remains of a cold rice pudding into small slices, brush over with beaten egg and dip in breadcrumbs; place in a frying basket, fry in deep fat to a golden brown. Drain on paper. Heat some golden syrup in a small pan, flavour with vanilla essence and pour around the pile of golden bars.

**121****RICE MILK**

Ingredients.—Milk, rice, ground cinnamon, castor sugar, almonds, salt.

Method.—Boil the rice in milk till quite tender, pile on a dish, garnish with chopped almonds and a dusting of ground cinnamon and castor sugar.

**122****PEARS AND RICE**

Ingredients.—Pears, 1 stick cinnamon, 3 tablespoons rice, sugar, salt.

Method.—Peel, quarter and core the pears, cover with water, add sugar to taste and a stick of cinnamon (or a strip of lemon rind); stew till tender. Remove the pears (keep hot), measure the juice, and when boiling add 3 tablespoons of well-washed rice to every pint of juice. Boil until it forms a thick mass. Serve hot on a dish with the pears.

**123****CHOCOLATE RICE PUDDING**

Ingredients.—3oz. rice, 1 pint milk, salt, 2oz. grated chocolate, 3 gill boiling water, 1oz. sugar, 2 tablespoons condensed milk, vanilla essence, boiled custard or cream.

Method.—Wash the rice 3 times; place in a double saucepan with the milk and a pinch of salt; cook gently until rice is tender and absorbs milk. Melt grated chocolate in the boiling water; stir into rice; add the sugar, condensed milk, and vanilla essence. Mix well and pour into a moist mould. Turn out when cold and serve with boiled custard or cream.



## 124

### RICE COCOANUT PUDDING

Ingredients.—3 tablespoons rice, 3 tablespoons cocoanut, sugar, 3 eggs, milk, butter, salt.

Method.—Boil the rice, and, when nearly cooked, drain and put into pie-dish. Sprinkle with cocoanut and sugar to taste. Beat the yolks of 3 eggs and white of 1, add milk, and pour over other ingredients. Drop some small pieces of butter on top and bake. When cooked, cover with meringue made with whites of 2 eggs, sugar and cocoanut; return to oven and brown lightly.

## 125

### SATURDAY PUDDING

Ingredients.—2 large cups boiled rice, 1 cup milk, 1 egg, 2 tablespoons golden syrup, 2 oz. sugar, salt.

Method.—Mix the sugar, rice and milk and add the beaten egg. Put all into a well-greased basin, cover with paper, and steam for 1 hour. Turn the pudding out, heap the golden syrup on top—the heat will cause the syrup to melt and trickle down the sides of the pudding.

## 126

### RICE AND MARMALADE PUDDING

Ingredients.— $\frac{1}{2}$  lb. rice, 1 pint water, 1 quart milk, 2oz sugar, 1oz. margarine, 2 eggs,  $\frac{1}{2}$  lb. marmalade, salt.

Method.—Wash the rice and place in a pan with cold water; bring to the boil; strain the water off; add milk and margarine, and simmer very gently till the rice is soft and creamy; beat in yolks of eggs and half the sugar. Pour the mixture into a well-greased pie-dish; spread the marmalade on top. Beat the whites of the eggs to a stiff froth with the rest of the sugar and a pinch of salt. Pile this meringue on the marmalade, and put into a moderate oven until set and browned. Serve hot or cold. If the rice is not solid enough to hold the meringue, put into the oven for a few minutes before adding the marmalade, in order that the surface of the rice may set into a skin. Jam may be used instead of marmalade.

## 127

### RICE CREAM

Ingredients.—1 pint condensed milk (diluted according to directions), 2oz. rice, 1oz. sugar, 1oz. shredded suet, 1 pint custard (made from powder), stewed fruit, salt.

Method.—Mix together the condensed milk, rice, sugar and suet; add the custard; stir. Pour into a greased pie-dish; bake 2 $\frac{1}{2}$  hours in a very slow oven; put aside until cold. Turn the pudding out on to a glass dish, pour a little custard over it, and serve with stewed fruit.

## 128

### FRENCH RICE PUDDING

Ingredients.—3oz. rice, 1 pint milk, 2oz suet, 2 eggs, 3oz. sugar, 4oz. dates, 2oz. peel, salt.

Method.—Wash rice, simmer in milk until tender. Stone and cut dates, shred peel, grate suet, beat eggs. Add to rice and sugar, put in buttered basin, cover with buttered paper, and steam 4 hours.

## 129

### APPLE AND RICE DUMPLINGS

Ingredients.— $\frac{1}{2}$  lb. rice, 4 apples, salt, sugar, sauce or fruit juice.

Method.—Wash the rice 3 times, throw into a saucepan of boiling salted water, boil quickly for quarter of an hour; drain off all moisture. Peel, core and quarter the apples. Spread the rice on the centre of a pudding cloth, heap the apples on top of the rice; gather up the cloth; make sure that the apples are covered with the rice; tie tightly and plunge into a saucepan of boiling water; boil for about 1 hour. Turn out and serve with sugar, fruit juice or syrup sauce.



## 130

### RICE PUDDING WITH EGGS

Ingredients.—2 tablespoons rice, 1 teacup water, 1½ pints milk, salt, 2 eggs, 2 tablespoons sugar, grated lemon rind.

Method.—Wash the rice, boil until water is absorbed; add the milk, salt, and a little grated lemon rind or other flavouring. Simmer slowly by the side of the fire until the rice is thoroughly cooked; stir occasionally; allow to cool slightly before stirring in the sugar and yolks of eggs; beat the whites of eggs to a stiff froth, stir in lightly; pour mixture into a well-greased pie-dish and bake in a moderate oven until browned. Sprinkle with sugar and serve with milk or cream.

## 131

### PEGGY'S DELIGHT

Ingredients.—1 quart milk, 1 teacup rice, sugar, 3 eggs, essence of lemon, apples, salt.

Method.—Wash rice and simmer until all the milk is absorbed, add 1 tablespoon sugar, yolks of eggs and essence of lemon. Pile on a dish, and border with stewed apples. Make a meringue with the whites of eggs; spread over the whole; dust with castor sugar; brown in a slow oven.

## 132

### RICE FRITTERS

Ingredients.—1 teacup of rice, milk, raspberry jam. 2 tablespoons flour, 1 egg, lard, sugar, salt.

Method.—Wash the rice and simmer in 1 quart of milk until all moisture is absorbed. Spread on a flat dish to the thickness of ¼ of an inch; when cold cut into squares; place 1 teaspoon of raspberry jam on each square, roll up tightly and dip into a batter made with the flour, egg, and a cupful of milk. Fry in lard and serve with sifted sugar.

## 133

### RICE CROQUETTES WITH VANILLA SAUCE

Ingredients.—1 pint milk, 2 eggs, ½ teaspoon vanilla, ¼ cup currants, ½ cup rice, 2 heaped tablespoons sugar, ½ cup raisins, ½ cup citron, bread-crumbs, currant jelly, vanilla sauce, salt.

Method.—Wash the rice and simmer in milk until all the moisture is absorbed; add the yolks of the eggs and the sugar; beat until smooth. Take from the fire and add the vanilla and fruit. Turn out on a dish to cool; when cold form into pyramids; dip into beaten egg and bread-crumbs; fry in boiling oil or fat. Put a small piece of currant jelly on the top of each croquette; dust with powdered sugar; serve with vanilla sauce. This quantity will make 12 croquettes.

## 134

### DELICIOUS DESSERT

Ingredients.—½ cup rice, 1 quart milk, ½ teaspoon salt, 1 cup sugar, 1 tablespoon gelatine, 1 cup whipped cream, stewed fruit.

Method.—Simmer the rice in milk until tender; add the salt and sugar. Dissolve the gelatine in cold water; add the gelatine and the cream; set in a mould; serve with stewed fruit.

## 135

### RICE PUDDING (Without Eggs)

Ingredients.—1½ pints milk, 2 dessertspoons sugar, rice, nutmeg, 1 dessertspoon custard powder, salt.

Method.—Wash the rice and boil in water for quarter of an hour, drain thoroughly; add ½ pint milk and 1 dessertspoon sugar. Make a custard (see below) and, while hot, add to other ingredients; grate nutmeg over top and bake.

Custard.—Boil 1 pint milk; add 1 heaped dessertspoon custard powder mixed to a paste with a little milk, and 1 heaped dessertspoon sugar; stir till thick.



**136****CREAMED RICE PUDDING**

Ingredients.—1½ pints milk, 2 tablespools rice, 1½ tablespoons sugar, 3 eggs, salt.

Method.—Place the milk, rice and sugar in a pan, bring to the boil and simmer gently for 1 hour. Allow to cool, add well-beaten yolks of eggs; put into a buttered pie-dish. Whip the whites of eggs to a stiff froth, sweeten, pile on top and bake in very slow oven for 1 hour.

**137****CARAMEL RICE PUDDING**

Ingredients.—½ cup rice, 2 cups scalded milk, ¼ teaspoon salt, 1 cup brown sugar, 2 tablespoons butter, ½ sheet gelatine, 1 cup chopped nuts.

Method.—Wash the rice, simmer in the milk, add a pinch of salt. Mix together the brown sugar and butter, cook in a shallow pan till dark brown (be careful not to burn it). Add to rice and milk; cook till rice is tender and the caramel melted. Soak ½ sheet of gelatine in ½ cup of cold water for 10 minutes, then dissolve in 1 cup of hot milk. Strain into cooked rice mixture and turn into wet mould. Garnish with chopped nuts.

**FOR INVALIDS AND CHILDREN****138****RICE WATER**

Ingredients.—3oz. rice, 1oz. raisins, 1 quart water, salt.

Method.—Wash the rice 3 times, put into a stewpan with a quart of water and the raisins; boil gently for ½ an hour, strain through a sieve, and drink when cold.

**139****RICE GRUEL**

Ingredients.—2 teaspoons rice, ½ pint milk, 1 teaspoon sugar, salt, cinnamon, brandy or sherry.

Method.—Wash the rice and add the boiling milk; simmer for 15 minutes; stir all the time. Add sugar, a pinch each of salt and ground cinnamon, or 1 tablespoon of brandy or sherry.

**140****CHICKEN BROTH**

Ingredients.—1 large chicken, 4 white peppercorns, salt, parsley, small tablespoon rice.

Method.—Cut the chicken into joints, and then cut each joint into 2 or 3 pieces. Place half the chicken in a pan with 1 pint of cold water; add a little salt, peppercorns, a sprig of parsley, and rice. Stand at the side of the fire for ½ an hour, or longer, and warm; then let it simmer for 3 hours, skimming occasionally. Strain; remove all fat with paper; pour a little into a basin and serve with diced toast.

**141****SUMMER SOUP**

Ingredients.—2 oranges, 1 pint rice water, 1 dessertspoon sugar, orange rind.

Method.—Stir the juice of the oranges into the rice water; add the sugar and the rind of ½ an orange. Serve hot with sippets of bread; it makes a nourishing drink served cold.

**142****DRINK FOR INVALIDS**

Ingredients.—3oz. rice, 1oz. sugar, 1 tablespoon raspberry or other flavouring, salt.

Method.—Wash rice, boil in 3 pints water till reduced to a quart, strain off, sweeten and flavour with the essence.



**143****RICE SOUP**

Ingredients.— $\frac{1}{2}$ lb. rice, 3 pints white stock, 1 pint milk,  $1\frac{1}{2}$ oz. butter,  $\frac{1}{2}$  small turnip or parsnip, 1 large onion, 1 potato, 1 stalk of celery, 1 teaspoon salt, small bit lemon peel, 1 bay leaf.

Method.—Melt the butter in a saucepan; add the well-washed rice and the sliced vegetables; let them cook in the butter for a few minutes, but not colour. Pour on the stock, add lemon peel and bay leaf, and boil for an hour. Rub through a sieve, add milk, and simmer for a few minutes. Serve with fried sippets of bread. The liquor in which a fowl or leg of mutton has been boiled may be used for this soup.

**144****MUTTON BROTH**

Ingredients.—1lb. neck of mutton, 1 pint water, parsley, salt, 1 dessertspoon rice.

Method.—Chop the meat and bones into small pieces, and put all into a saucepan of cold water; add salt and a sprig of parsley. Simmer gently for  $1\frac{1}{2}$  hours, then strain and REMOVE ALL FAT. Add rice, simmer for another  $\frac{1}{2}$  hour.

## RECIPES FOR THE USE OF GROUND RICE OR RICE FLOUR PUDDINGS & COLD SWEETS

**145****BOILED CUSTARD**

Ingredients.—1 pint milk, 2 eggs, a heaped teaspoon riceflour, 1 tablespoon sugar, salt, vanilla.

Method.—Heat the milk, add the blended riceflour, and cook 1 minute. Allow to cool slightly. Beat the eggs and sugar together and add them; stir continuously. Cook without boiling and flavour with vanilla. Serve in a glass dish.

**146****BAKED ORANGE PUDDING**

Ingredients.—1 tablespoon butter or dripping, 1 tablespoon sugar,  $\frac{1}{2}$  cup plain flour,  $\frac{1}{2}$  cup riceflour,  $\frac{1}{2}$  teaspoon cream of tartar,  $\frac{1}{2}$  teaspoon soda, 1 egg,  $\frac{1}{2}$  cup milk, grated rind of 1 orange, salt.

Method.—Sift flour, riceflour, rising and salt. Rub in the dripping, add grated rind, and sugar. Beat the egg, add milk, pour into the flour, and mix into a fairly soft dough. You may need a little more milk. Bake in a greased pie-dish 12 to 15 minutes in a quick oven. Serve with orange marmalade sauce.

**147****DORSET PUDDING**

Ingredients.—2oz. ground rice, 1 pint milk, 1oz. butter, 2oz. sugar, 2 eggs, a little salt, rind of half lemon (grated), nutmeg, puff paste, currants.

Method.—Put the milk, sugar and salt into a lined saucepan to boil. Mix the ground rice with a little cold milk and pour the boiling milk over it, stirring all the time. Return all to the saucepan and boil for 5 minutes. Take the pan off the fire, allow mixture to cool slightly, stir in the butter, the well-beaten eggs, nutmeg and lemon peel. Line some patty tins with pastry and fill with custard. Strew a few currants on top of each, and bake about 20 minutes in a moderate oven.



## 148

### ORANGE MARMALADE SAUCE

Ingredients.—1 tablespoon orange marmalade, juice of 1 orange,  $\frac{1}{2}$  cup of sugar, salt, 1 cup water, 1 dessertspoon riceflour.

Method.—Blend riceflour and orange juice. Heat water, marmalade and sugar; add the blended riceflour and cook 2 minutes, stirring all the time. A few drops of orange colour will improve the appearance. Strain if desired before serving.

## 149

### SWEDISH PUDDING

Ingredients.—1 cup chopped suet, 1 cup flour, 1 cup ground rice, 1 small cup sugar,  $\frac{1}{2}$  teaspoon salt, 1 large cup raisins, dates, or sultanas, mixed spice if liked, 1 teaspoon carbonate soda in a cupful of milk.

Method.—Mix well. Steam 3 hours.

## 150

### SUMMER PUDDING

(Quick and Economical)

Ingredients.—3 tablespoons riceflour, 3 large cups water, 3 lemons, 1 cup sugar, 1 dessertspoon butter, stewed fruit, salt.

Method.—Put water on to heat. Blend the riceflour with a little extra water, add it to the hot water, and bring to the boil; stir constantly. Cook 3 minutes. Add the juice of the lemons, the sugar, and the butter. Beat well. Pour into a wet mould. When cold turn out and serve with rhubarb, plums, or other stewed fruit.

## 151

### RICE JELLY

Ingredients.—1 lemon, 8oz. white sugar, 6oz. ground rice, salt.

Method.—Peel the lemon thinly, cut in two and squeeze the juice into a basin. Put the peel, juice and sugar into a saucepan with  $1\frac{1}{2}$  pints water, and boil 20 minutes. Take out the peel, measure the sugar and water, and, if necessary, make up to the  $1\frac{1}{2}$  pints. Mix the ground rice with a little cold water, and stir in the sugar and water. Return to the pan and boil from 15 to 20 minutes, stirring all the time. Pour into a wet mould and turn out when cold.

## 152

### EASY PUDDING

Ingredients.—1 cup plain flour, 1 cup riceflour, 3 teaspoons baking powder, 1 dessertspoon dripping or butter,  $\frac{1}{4}$  teaspoon salt, 1 cup milk, 2 tablespoons sugar, golden syrup.

Method.—Sift flour, riceflour, baking powder and salt, add sugar. Rub the dripping or butter into the flour and pour in the milk, making a soft scone-like dough. Steam 1 hour in a greased basin. Pour hot golden syrup over the pudding and serve at once.

## 153

### VANILLA ICE CREAM

Ingredients.—1 quart milk, salt, 3 dessertspoons riceflour, 4 teaspoons vanilla essence,  $\frac{1}{2}$ lb. sugar, 2 eggs,  $\frac{1}{2}$  pint cream.

Method.—Beat eggs and sugar together, add the riceflour, then the heated milk gradually. Cook over water. Remove and allow to cool; add the essence and the whipped cream. Put the cream into the freezer; pack it round with ice and salt in the proportion of 1 of salt to 4 of ice (coarse salt is the best) and allow to freeze. Serve with wafers.

## 154

### SPONGE PLUM PUDDING

Ingredients.—2 tablespoons each of raisins, currants, sugar, bread-crumbs, ground rice, flour, suet,  $\frac{1}{2}$  teaspoon mixed spice,  $\frac{1}{2}$  teaspoon carb. soda, 1 tablespoon candied peel, salt.

Method.—Mix fairly thin with milk; steam  $2\frac{1}{2}$  to 3 hours.



## 155

### LEMON SAUCE (Sweet)

Ingredients.—1 lemon, 1 heaped dessertspoon riceflour, 3 tablespoons sugar,  $\frac{1}{2}$  pint water, 1 teaspoon butter, salt.

Method.—Blend the riceflour with the juice of lemon, heat the water, sugar and butter. Add the blended riceflour and the grated rind of lemon. Bring to the boil, stir continuously. Serve with sweet puddings, tarts, etc.

## 156

### LEMON TRIFLE

Ingredients.—1 quart water, 4 eggs, 4 lemons, 2 tablespoons riceflour, 1 cup sugar, chopped nuts, sponge cake, crushed almonds, salt.

Method.—Put water and sugar on to heat. Blend the riceflour with the juice from the lemons, and grate the rind from two of the lemons. Add the grated rind and the blended riceflour to the water and sugar and bring to the boil. Cook gently for two minutes, stirring all the time. Allow to cool slightly, then add the beaten yolks of eggs. Cook carefully without boiling. Make a pyramid of sponge cake in a glass dish. Sprinkle some crushed almonds over it. Pour the cool lemon mixture over the cake. Beat the whites of eggs to a stiff froth and fold in four large tablespoons castor sugar. Decorate the trifle with this meringue. Sprinkle with chopped nuts.

## 157

### AUSTRALIAN RICE PLUM PUDDING

Ingredients.— $\frac{1}{2}$ lb. chopped suet,  $\frac{1}{2}$ lb. ground rice,  $\frac{1}{2}$ lb. seeded raisins, 1oz. lemon peel,  $\frac{1}{2}$ lb. flour,  $\frac{1}{2}$ lb. currants,  $\frac{1}{2}$ lb. sultanas,  $\frac{1}{2}$ lb. sugar, 3 eggs,  $\frac{1}{2}$ lb. peeled chopped apples, 2oz. chopped almonds, 1oz. mixed spice, salt,  $\frac{1}{2}$  pint milk, small cup brandy or rum.

Method.—Mix all ingredients together; place in well-buttered pudding basin, cover with pudding cloth and tie tightly. Steam in plenty of boiling water for four hours. Serve very hot with the following sauce:

#### Sauce for Pudding

Ingredients.—2 tablespoons ground rice, pinch salt, 1 tablespoon sugar,  $\frac{1}{2}$  cup milk, essence of vanilla, butter, cream.

Method.—Blend the ground rice, salt and sugar with the milk and simmer for 15 minutes; add essence to taste. Remove from fire and enrich with a little butter and cream.

## 158

### RICE SOUFFLE

Ingredients.—3 tablespoons ground rice, 1 quart milk, 5 eggs, sugar, essence lemon or vanilla, 1 dessertspoon butter, salt.

Method.—Mix the ground rice into a paste with 6 tablespoons milk, place in saucepan, add remaining milk and butter; stir over fire until it thickens (about  $\frac{1}{2}$  of an hour). Separate whites from yolks of eggs, beat the yolks in a basin; add to the ground rice with sugar to taste. Whisk whites of eggs until stiff, stir into other ingredients, and bake for  $\frac{1}{2}$  hour in moderate oven.

## 159

### RICE PANCAKES

Ingredients.— $\frac{1}{2}$ lb. ground rice, 1 pint milk or water, 6oz. butter, 1 pint cream, 6 eggs, pinch each of salt and sugar (or nutmeg), sufficient flour to bring the batter to the right consistency, lard or dripping.

Method.—Boil the ground rice to a jelly in a pint of milk or water; stir continuously; if too thick add a little more milk. Remove from fire; stir in the butter, cream, eggs (well beaten), salt, sugar (or nutmeg) and flour. Fry in lard or dripping.



## CAKES & PASTRY

**160**

### QUEENSLAND SMALL CAKES

Ingredients.—1 cup flour, 1 cup riceflour,  $\frac{1}{2}$ lb. butter, 1 cup sugar, 2 eggs, 2 teaspoons baking powder, 1 lemon, 1 dessertspoon currants, salt.

Method.—Cream the butter and sugar, add the eggs one at a time, and beat in well. Add the grated lemon rind, also the sifted flour, riceflour, and baking powder, stirring lightly. Put the mixture into paper cake containers and sprinkle a few currants on each. Bake in a fairly quick oven 10 to 15 minutes.

**161**

### RICE CAKE.

Ingredients.—10oz. ground rice, 3oz. flour, 8oz. castor sugar, 4 eggs, peel of a lemon, salt.

Method.—Mix the rice, flour and sugar thoroughly, and add by degrees yolks of 4 eggs, and whites of 3, and the lemon rind. Whisk all in a pan over a very slow fire, then put into the oven immediately and bake for 40 minutes.

**162**

### GROUND RICE CAKES

Ingredients.—2oz. flour, 3oz. ground rice, 3oz. castor sugar, 2oz. butter, 2 eggs,  $\frac{1}{2}$  teaspoon baking powder, salt.

Method.—Sieve together the flour, ground rice and baking powder. Beat the butter and sugar to the consistency of whipped cream, then add eggs, one by one, beating each one in very thoroughly. Next add flour, etc., very lightly to the mixture. Put in small greased tins and bake in quick oven about 10 minutes.

**163**

### RICEFLOUR SANDWICH

Ingredients.—2 eggs,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup riceflour, 1 small teaspoon baking powder, salt.

Method.—Beat eggs well, add sugar, beat again for 5 minutes, then sift in riceflour and baking powder. Divide mixture, place in greased tins and bake in a moderate oven. When cool spread thinly with raspberry jam.

**164**

### LEETON BISCUITS

Ingredients.—1 cup ground rice, 1 cup flour, 1 cup sugar,  $\frac{1}{2}$ lb. butter, 1 teaspoon baking powder, 1 teaspoon cinnamon, 2 eggs, salt.

Method.—Mix all ingredients, using only whites of eggs. Bake in flat tins and put together with jam; ornament with icing.

**165**

### RICE BISCUITS.

Ingredients.— $\frac{1}{2}$ lb. flour,  $\frac{1}{2}$ lb. sugar,  $\frac{1}{2}$ lb. ground rice,  $\frac{1}{2}$ lb. butter, 1 teaspoon baking powder, 2 eggs, salt.

Method.—Rub butter into flour, sugar, ground rice and baking powder; add eggs. Roll out thin and cut with cutter.

**166**

### DELICATE CAKE

Ingredients.—1 cup riceflour, 2 cups self-raising flour, 2 cups sugar, 1 cup butter, 1 cup sweet milk, 6 eggs, lemon essence, salt.

Method.—Cream the butter and sugar till light. Beat the eggs till frothy. Add them to the butter and sugar. Then add the essence, milk, sifted flour and riceflour. Mix all very lightly, put in a cake tin and bake gently  $1\frac{1}{2}$  hours.



## 167

### SHORT CAKES

Ingredients.—5oz. butter, 6oz. castor sugar, 4 eggs, 4oz. flour, pinch salt, 2oz. riceflour,  $\frac{1}{2}$  teaspoon baking powder.

Method.—Cream butter and sugar, add eggs, one at a time, beating in well. Sift in the flour, riceflour, salt and baking powder. Stir lightly till well mixed. Put in small patty tins and bake in a moderate oven about 10 minutes. These little cakes are very dainty and keep excellently.

## 168

### SPICE CAKE

Ingredients.—2 eggs,  $\frac{1}{2}$ lb. flour,  $\frac{1}{2}$ lb. riceflour, 1 teaspoon ground allspice, 1 teaspoon ground cinnamon, pinch salt,  $\frac{1}{2}$  cup milk, 3oz. butter, 5oz. brown sugar, 1 tablespoon golden syrup, 1 level teaspoon carbonate soda dissolved in 1 dessertspoon boiling water.

Method.—Sift flour, riceflour, allspice, cinnamon and salt. Cream butter and sugar, add eggs one at a time, and beat in well. Add milk, then syrup, soda and boiling water mixed. Add flour, etc., and mix lightly. Bake in a moderate oven 35 to 45 minutes.

## 169

### BLACK CURRANT TARTS

Ingredients.— $\frac{1}{2}$ lb. plain flour,  $\frac{1}{2}$ lb. riceflour,  $\frac{1}{2}$  teaspoon baking powder,  $\frac{1}{2}$ lb. butter, 3 tablespoons castor sugar, pinch salt, 1 egg, black currant jam.

Method.—Sift flour, riceflour, baking powder and salt. Rub in the butter, add the sugar and mix with the egg. It should be firm. Roll out about quarter of an inch thick on a floured board. Cut into rounds with a fancy cutter. Fit the rounds of pastry into greased patty tins and put 1 teaspoon of jam in each. Bake in quick oven till a pale brown, lessening the heat as the pastry cooks.

## 170

### TASMANIAN RASPBERRY BUNS

Ingredients.—1 cup riceflour,  $1\frac{1}{2}$  cups flour, 1 teaspoon baking powder,  $\frac{1}{2}$ lb. butter,  $\frac{1}{2}$ lb. sugar, raspberry jam, 1 egg, milk, salt.

Method.—Sift flour, riceflour and baking powder. Rub butter into the flour, add the sugar and mix into a fairly dry paste with the yolk of the egg and a little milk. Divide into small balls and roll each one out flat. Put  $\frac{1}{2}$  teaspoon raspberry jam on each round and close the bun over. Brush over with white of egg and bake on a greased tray in rather a quick oven from 10 to 12 minutes. The buns will crack as they bake and show the jam.

## 171

### RICEFLOUR CAKE

Ingredients.—Whites of 3 eggs,  $\frac{1}{2}$  cup riceflour,  $\frac{1}{2}$  cup butter, 1 cup sugar, 1 cup flour, 1 teaspoon baking powder,  $\frac{1}{2}$  cup sweet milk, salt.

Method.—Mix butter and sugar to a cream, dissolve riceflour in the milk. Add other ingredients and, lastly, stir in whites of eggs, well beaten. Bake in moderate oven.

## 172

### COCOANUT ROUNDS

Ingredients.—12oz. flour, 4oz. riceflour, 4oz. cocoanut, 2 teaspoons baking powder, 8oz. castor sugar, 8oz. butter, 2 eggs, 2 tablespoons water, essence, almonds, pinch salt.

Method.—Sift flour, riceflour, baking powder and salt. Add the sugar and rub in the butter. Add the cocoanut and make into a dry dough with the eggs, water, and essence beaten together. Turn on to a floured board, roll out very thinly and cut into rounds with a cutter. Put on a greased tray, brush with a little of the beaten egg and sprinkle lightly with a little cocoanut. Bake in a very moderate oven 10 to 15 minutes.



## 173

### PEACH BLOSSOM CAKE

Ingredients.— $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup milk, 1 teaspoon baking powder,  $\frac{1}{2}$  cup riceflour, 1 cup sugar, 1 cup sifted flour, whites of 4 eggs, desiccated cocoanut, cochineal, salt.

Method.—Beat the butter and sugar to a cream, add the well-beaten whites of eggs, then milk and flour, etc. Divide the mixture into two portions. Colour half with cochineal, and place in tins like Marble Cake, ice with white icing, and sprinkle cocoanut or coarse sugar (coloured pink) on top.

## 174

### RICE PASTE

Ingredients.— $\frac{1}{2}$ lb. ground rice,  $\frac{1}{2}$ oz. butter, 1 egg, salt.

Method.—Boil the ground rice in a small quantity of water and strain; beat the butter and egg thoroughly and add to the ground rice. This will form an excellent paste for tarts, etc.

## 175

### "YENDA" RICE CAKE

Ingredients.—4 eggs, 8oz. fine sugar, 4oz. flour, 4oz. riceflour, 4oz. butter, 1 teaspoon baking powder, salt.

Method.—Beat butter to a cream. Add the sugar and the eggs, one by one, beat together for 10 minutes; add by degrees flour, baking powder and riceflour, mixed together; beat another 5 minutes after all is added. Flavour with grated lemon rind or almond essence. Bake in a moderate oven.

## 176

### SAND CAKE

Ingredients.—4 eggs,  $\frac{1}{2}$ lb. butter,  $\frac{1}{2}$ lb. sugar, 10oz. riceflour, 2oz. flour,  $\frac{1}{2}$  teaspoon essence of lemon or vanilla, nuts and cherries, salt.

Method.—Beat butter and sugar together; add the eggs one at a time. Add the riceflour and beat well for 10 minutes. Lightly stir in the flour; add the essence and place in a greased border tin. Bake in a moderate oven for 1 hour. When cold, pour soft icing over and decorate with chopped nuts and cherries.

## 177

### RICE BUNS

Ingredients.—3oz. ground rice, 3oz. sugar, 2 eggs, 3oz. flour, 2oz. butter, 1 teaspoon baking powder, flavouring, salt.

Method.—Cream the butter, add the dry ingredients, moisten with the eggs. Beat well, add flavouring and baking powder. Bake in small, well-greased tins in a moderate oven about 10 minutes. Do not fill the tins; allow plenty of room to rise.

## 178

### KISSES

Ingredients.—3 medium-sized eggs, 6oz. castor sugar, 6oz. butter, 6oz. riceflour, 6oz. plain flour, 1 teaspoon cream of tartar,  $\frac{1}{2}$  teaspoon carbonate of soda, lemon essence, salt.

Method.—Cream butter and sugar. Beat the eggs well and add them gradually to the butter and sugar. Stir in the sifted flour, riceflour, cream of tartar and soda. Mix well and drop teaspoonfuls on to a greased slide. Bake in a quick oven from 8 to 10 minutes. When cold, put together with filling.

## 179

### VICTORIA SNOW CAKE

Ingredients.— $\frac{1}{2}$ lb. butter, 1 cup fine sugar,  $\frac{1}{2}$ lb. riceflour, whites of 3 eggs,  $\frac{1}{2}$  teaspoon baking powder, essence lemon to taste, salt.

Method.—Beat butter and sugar to a cream; add well-sifted riceflour, whites of eggs beaten to stiff froth, baking powder and essence of lemon. Bake in deep sandwich tin in moderate oven  $\frac{1}{2}$  an hour. Ice thinly with chocolate icing.



**180****ORANGE CAKE**

Ingredients.—6oz. butter, 8oz. castor sugar, 8oz. self-raising flour, 4oz. riceflour, the grated rind of 1 orange, 3 eggs, pinch salt, half cup milk.

Method.—Beat butter and sugar till light and creamy; add the eggs one at a time, beating in well. Add the milk, grated rind and sifted flour, riceflour and salt. Mix up very lightly, pour into a greased tin with a piece of paper to line the bottom. Bake in a moderate oven about 1 hour, the time depending on the thickness of the cake. When cooked allow to cool a little, then turn out very carefully on to a cake tray. When cold, decorate with soft icing made with the juice of an orange.

**181****RICE CHEESE CAKES**

Ingredients.—Raspberry jam, pastry, 2oz. butter, 4oz. sugar, 4oz. ground rice, 2 eggs, lemon peel, salt.

Method.—Line patty tins with paste, put into each a teaspoonful of raspberry jam, and cover with curd made in following way: Melt butter, beat with it the sugar, ground rice, lemon peel and eggs. Bake.

**182****MAORI KISSES**

Ingredients.—1 cup flour, 1 cup ground rice, 1 cup sugar, 2oz. butter,  $\frac{1}{2}$  packet spice, 1 teaspoon soda, 2 teaspoons cream tartar, pinch of salt, 1 egg, milk.

Method.—Cream butter and sugar, mix dry ingredients together, add egg and milk, roll out and cut into biscuits.

**183****JUNE BISCUITS**

Ingredients.—1 $\frac{1}{2}$  cups of flour,  $\frac{1}{2}$  cup ground rice,  $\frac{1}{4}$ lb. butter, 1 teaspoon soda, 2 teaspoons cream of tartar,  $\frac{1}{2}$  cup of sugar, 2 eggs and a very little milk, salt.

Method.—Mix in the usual way, roll out thin, cut into rounds, and bake in quick oven. When cooked, put two together with lemon honey, date cream or raspberry jam.

**184****SHORTBREAD, No. 1**

Ingredients.—1 $\frac{3}{4}$ lb. flour,  $\frac{1}{4}$ lb. ground rice, 1 teaspoon baking powder, 1lb. butter, 6oz. sugar, salt.

Method.—Sift the flour, mix with the ground rice and baking powder; beat the butter to a cream, add sugar; knead into the butter and sugar as much of the flour, etc., as it will take (in winter 1 $\frac{3}{4}$ lb. will be enough); make into 6 flat cakes; mark the sides and prick all over. Bake in a slow oven 25 minutes. A few almonds may be put on the cakes.

**185****SHORTBREAD, No. 2**

Ingredients.—7oz. flour, 1oz. riceflour,  $\frac{1}{4}$ lb. butter, 3oz. sugar,  $\frac{1}{2}$  teaspoon baking powder, salt.

Method.—Beat butter and sugar together, then gradually add the flour, etc., kneading well; work up into a stiff paste, cut into pieces about  $\frac{1}{2}$  inch thick. Bake in moderate oven from  $\frac{1}{2}$  to  $\frac{3}{4}$  hour.

**186****CHRISTMAS CAKE**

Ingredients.—6oz. brown sugar, 6oz. butter, 8oz. self-raising flour,  $\frac{1}{4}$ lb. seeded raisins, 4oz. riceflour,  $\frac{1}{4}$ lb. cherries,  $\frac{1}{4}$ lb. sultanas,  $\frac{1}{4}$ lb. almonds, 3 eggs, salt.

Method.—Beat butter and sugar to a cream; add eggs (well beaten), then sifted flour and fruit alternately. Pour into prepared tin (tin must be lined with two thicknesses of brown paper and one thickness of white paper). Bake from 2 to 2 $\frac{1}{2}$  hours in moderately hot oven.



**187****RICE ROCKS**

Ingredients.—2 eggs,  $\frac{3}{4}$  cup sugar, 1 cup sultanas and peel, 1 level teaspoon soda,  $\frac{1}{2}$  lb. butter,  $\frac{1}{2}$  lb. ground rice, 6oz. flour,  $1\frac{1}{2}$  teaspoons cream of tartar, milk, salt.

Method.—Cream butter and sugar, add eggs, then dry ingredients, and fruit; mix with milk. Drop on cold tray in spoonfuls and bake.

**188****ADELAIDE CHERRY BUNS**

Ingredients.— $\frac{3}{4}$  lb. flour, 1 lb. ground rice,  $\frac{1}{2}$  lb. butter, 3oz. dried cherries, 4oz. castor sugar, 2 teaspoons baking powder, 2 eggs, a little milk, salt.

Method.—Sift together flour and ground rice, rub in butter. Add cherries (cut in four), castor sugar, baking powder, eggs and milk. Bake in small, well-greased tins for about 20 minutes and place a cherry in the centre of each bun.

**PREPARATION OF RICE FOR COOKING.**

Wash Rice thoroughly in three or four changes of cold water or until water poured off is clear.

This is the first essential to having properly cooked rice.

**RICE BREAD, MUFFINS, Etc.****189****RICE BREAD**

Ingredients.—1 cup boiled rice, 2 cups self-raising flour,  $\frac{1}{2}$  teaspoon salt,  $\frac{3}{4}$  cup milk.

Method.—Mix ingredients into a light dough, knead, and form into a loaf; brush over with a little oiled butter or dripping (unless this is done the crust will be very hard). Bake in a fairly hot oven.

**190****RICE CHEESE CAKES**

Ingredients.—4oz. rice, 2 eggs,  $\frac{1}{2}$  lb. butter, 2oz. margarine,  $\frac{1}{2}$  pint cream, 6oz. sugar, a grated nutmeg, short crust pastry, salt.

Method.—Boil the rice till tender, and place on a sieve to drain. Mix it with 2 well-beaten eggs, butter, margarine, cream, sugar, nutmeg, and a little water. Beat well together, and put into patty tins lined with short crust pastry. Bake in a moderate oven.

**191****RICE MUFFINS**

Ingredients.—3oz. self-raising flour,  $3\frac{1}{2}$ oz. boiled rice, 1oz. melted butter, 1 gill milk, 1 egg, salt.

Method.—Sift the flour and salt into a bowl; add the milk, stirring in a little at a time, and the well-beaten yolk of the egg. Continue beating until the mixture is very light, then add the melted butter and cooked rice. Blend all together with a fork, fold in the stiffly-beaten white of egg, bake in muffin tins in a hot oven for  $\frac{1}{2}$  an hour.

**192****RICE GRIDDLE CAKES**

Ingredients.—1 cup boiled rice, 2 eggs,  $2\frac{1}{2}$  cups flour, 1 pint milk,  $\frac{1}{2}$  cup yeast (or  $\frac{1}{2}$  a compressed cake), 1 large teaspoon salt.

Method.—Scald the milk, stand to one side until cold; add the yeast, salt, flour and rice. Beat continuously for 3 minutes, cover and stand in a warm place until morning. In the morning beat the eggs separately, add first the yolks, then the whites, mix thoroughly, stand for 15 minutes, then bake on a hot griddle. The griddle should be heated gradually.



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## RICE BREAD, MUFFINS, Etc.

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# RICE - THE FOOD OF THE PEOPLE

## EQUIVALENT WEIGHTS AND MEASURES

### FOR DRY MATERIALS

16 oz. = 1 lb. = 3 teacupfuls or 2 breakfastcupfuls closely filled, but not heaped.

8 oz. =  $\frac{1}{2}$  lb. = 1 breakfastcupful closely filled, but not heaped.

4 oz. =  $\frac{1}{4}$  lb. = 1 teacupful, loosely filled.

1 oz. = 2 tablespoonfuls, filled level.

$\frac{1}{2}$  oz. = 1 tablespoonful, filled level.

$\frac{1}{4}$  oz. = 1 dessertspoonful, filled level.

1 oz. butter = 1 dessertspoonful.

### FOR LIQUIDS

4 gills = 1 pint = about  $3\frac{1}{2}$  teacupfuls, or nearly 2 breakfastcupfuls.

1 gill = 1 small teacupful.

$\frac{1}{2}$  gill = 3 tablespoons liquid.

